

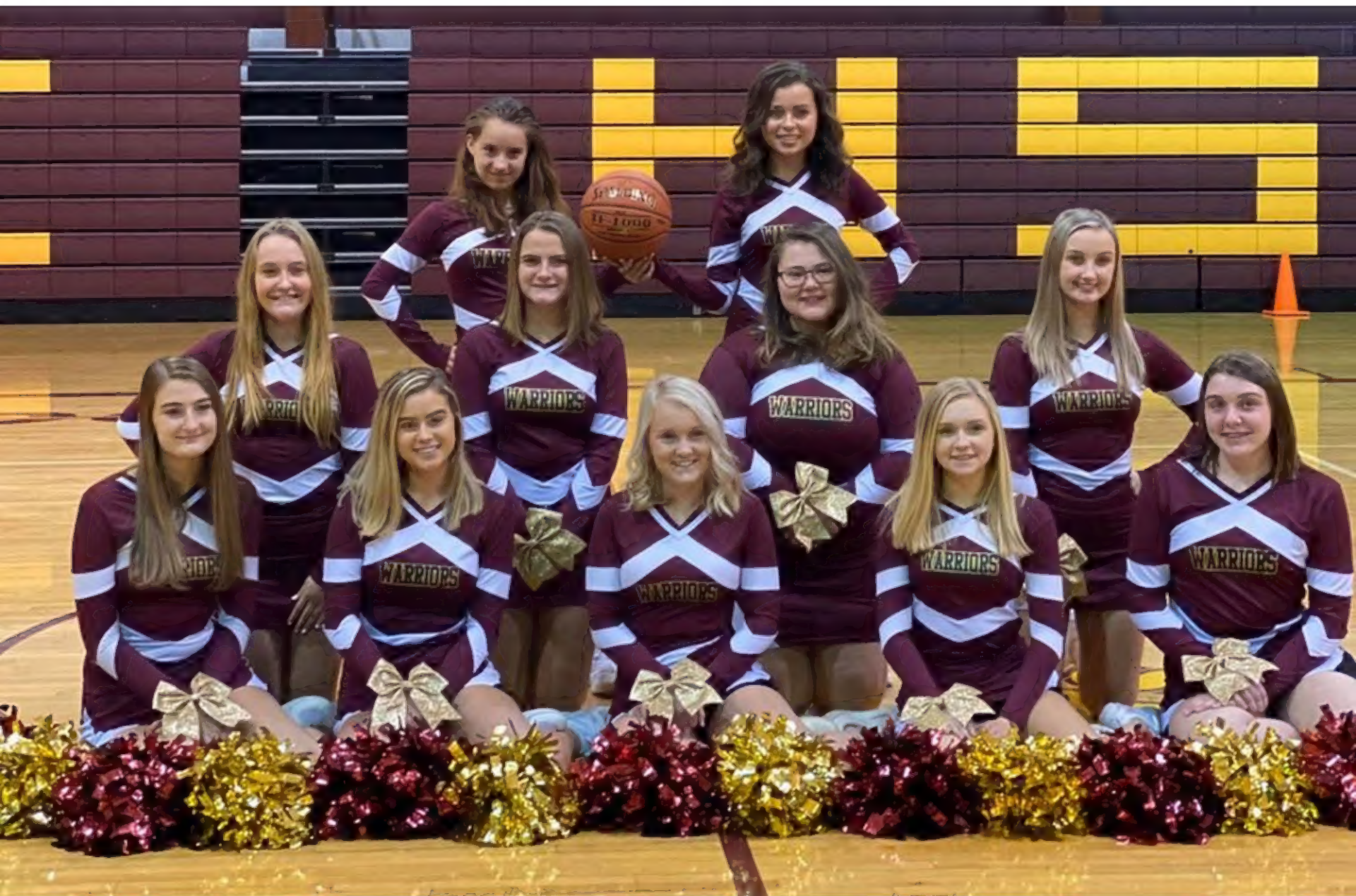




The image shows a basketball team from Pocahontas County. There are five male players standing in the back row and seven female players sitting in the front row. They are all wearing white jerseys with 'POCAHONTAS COUNTY' and 'LADY WARRIORS' printed on them. The background features a mural of a mountain range and a basketball hoop with a 'PCHS' logo. To the right, there are two framed track records for Pocahontas County.

[illegible]

Robert Paul
 Jack Purdy
 Steve Latta
 Wayne Smith
 Anthony Gao
 David Palmer
 Randy Delo
 Randy Felt
 Randy Holt
 Eric Mitchell
 Nathan Galt
 Stephen Galt
 Charles W.
 John Baker
 Robert Smith
 James Smith
 J. Allen Smith
 Robert Smith



S
ULS
ION
SALVAGE
up a
P. Hauer
ECKER
VICE



POCAHONTAS COUNTY
TRACK RECORDS
LADY
WARRIORS

Event	Record	Year
100m	1:15.00	2017
200m	2:30.00	2017
400m	5:45.00	2017
800m	11:30.00	2017
1600m	23:00.00	2017
3200m	46:00.00	2017
6400m	92:00.00	2017
12800m	184:00.00	2017
25600m	368:00.00	2017
51200m	736:00.00	2017
102400m	1472:00.00	2017
204800m	2944:00.00	2017
409600m	5888:00.00	2017
819200m	11776:00.00	2017
1638400m	23552:00.00	2017
3276800m	47104:00.00	2017
6553600m	94208:00.00	2017
13107200m	188416:00.00	2017
26214400m	376832:00.00	2017
52428800m	753664:00.00	2017
104857600m	1507328:00.00	2017
209715200m	3014656:00.00	2017
419430400m	6029312:00.00	2017
838860800m	12058624:00.00	2017
1677721600m	24117248:00.00	2017
3355443200m	48234496:00.00	2017
6710886400m	96468992:00.00	2017
13421772800m	192937984:00.00	2017
26843545600m	385875968:00.00	2017
53687091200m	771751936:00.00	2017
107374182400m	1543503872:00.00	2017
214748364800m	3087007744:00.00	2017
429496729600m	6174015488:00.00	2017
858993459200m	12348030976:00.00	2017
1717986918400m	24696061952:00.00	2017
3435973836800m	49392123904:00.00	2017
6871947673600m	98784247808:00.00	2017
13743895347200m	197568495616:00.00	2017
27487790694400m	395136991232:00.00	2017
54975581388800m	790273982464:00.00	2017
109951162777600m	1580547964928:00.00	2017
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439804651110400m	6322191859712:00.00	2017
879609302220800m	12644383719424:00.00	2017
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3518437208883200m	50577534877696:00.00	2017
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14073748835532800m	202310139510784:00.00	2017
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56294995342131200m	809240558043136:00.00	2017
112589990684262400m	1618481116086272:00.00	2017
225179981368524800m	3236962232172544:00.00	2017
450359962737049600m	6473924464345088:00.00	2017
900719925474099200m	12947848928690176:00.00	2017
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461168601842738790400m	6629298651489370112:00.00	2017
922337203685477580800m	13258597302978740224:00.00	2017
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570899077082383952423314387779797849198972160m	820667423305926931608514407267637108575612928:00.00	2017
1141798154164767904846628775559595698397944320m	16413348466118538632170288145352742171512256:00.00	2017
2283596308329535809693257551119191396795888640m	3282669	

 GO WARRIORS 		
HOME	<div style="border: 1px solid black; width: 100px; height: 40px; margin: 0 auto;"></div>	VISITOR
BONUS	PERIOD	BONUS
FOULS	PLAYER FOULS	FOULS
WIN	MATCH	LOSS
ASSISTANT	QUARTER BY	
COACHES		
STADIUM	WARRIORS	

WARRIOR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS	
100 YARDS	
100 YARDS	1:10.0
200 YARDS	2:20.0
400 YARDS	4:40.0
800 YARDS	9:30.0
1600 YARDS	19:00.0
3200 YARDS	38:00.0
6400 YARDS	76:00.0
12800 YARDS	152:00.0
25600 YARDS	304:00.0
51200 YARDS	608:00.0
102400 YARDS	1216:00.0
204800 YARDS	2432:00.0
409600 YARDS	4864:00.0
819200 YARDS	9728:00.0
1638400 YARDS	19456:00.0
3276800 YARDS	38912:00.0
6553600 YARDS	77824:00.0
13107200 YARDS	155648:00.0
26214400 YARDS	311296:00.0
52428800 YARDS	622592:00.0
104857600 YARDS	1245184:00.0
209715200 YARDS	2490368:00.0
419430400 YARDS	4980736:00.0
838860800 YARDS	9961472:00.0
1677721600 YARDS	19922944:00.0
3355443200 YARDS	39845888:00.0
6710886400 YARDS	79691776:00.0
13421772800 YARDS	159383552:00.0
26843545600 YARDS	318767104:00.0
53687091200 YARDS	637534208:00.0
107374182400 YARDS	1275068416:00.0
214748364800 YARDS	2550136832:00.0
429496729600 YARDS	5100273664:00.0
858993459200 YARDS	10200547328:00.0
1717986918400 YARDS	20401094656:00.0
3435973836800 YARDS	40802189312:00.0
6871947673600 YARDS	81604378624:00.0
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27487790694400 YARDS	326417514496:00.0
54975581388800 YARDS	652835028992:00.0
109951162777600 YARDS	1305670057984:00.0
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1801439850948198400 YARDS	21392098230009856:00.0
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7205759403792793600 YARDS	85568392920039424:00.0
14411518807585587200 YARDS	171136785840078848:00.0
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14757395258967641292800 YARDS	175244068700240740352:00.0
29514790517935282585600 YARDS	350488137400481480704:00.0
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118059162071741130342400 YARDS	1401952549601925922816:00.0
236118324143482260684800 YARDS	2803905099203851845632:00.0
472236648286964521369600 YARDS	5607810198407703691264:00.0
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967140655691703339764940800 YARDS	11484795286338977159708672:00.0
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7737125245533626718119526400 YARDS	91878362290711817277669376:00.0
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61897001964269013744956211200 YARDS	735026898325694538221355008:00.0
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2028240960365167042394725128601600 YARDS	24085361404336358628437360902144:00.0
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8112963841460668169578900514406400 YARDS	96341445617345434513749443608576:00.0
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NOVEMBER 2019

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DECEMBER 2019

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29	30	31				

JANUARY 2020

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FEBRUARY 2020

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**POCAHONTAS COUNTY
HIGH SCHOOL
WINTER SPORTS 2019-20**



CAMP TWIN CREEKS

1-800-451-8806

www.camptwincreeks.com



CAMP TWIN CREEKS

1-800-451-8806

www.camptwincreeks.com

BOYS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/11	MOOREFIELD	HOME
12/13	MIDLAND TRAIL	HOME
12/16	GREENBRIER WEST	HOME
12/20	TUCKER CO.	AWAY
1/3	NEW RIVER CTC INV.	B-RCCC
1/7	RICHWOOD	AWAY
1/10	GREENBRIER WEST	AWAY
1/14	MEADOW BRIDGE	HOME
1/17	HARMAN	AWAY
1/22	TYGARTS VALLEY	HOME
1/24	MIDLAND TRAIL	AWAY
1/27	PENDLETON CO.	HOME
1/29	MOOREFIELD	AWAY
1/31	RIVERSIDE	HOME
2/4	ELKINS	HOME
2/6	MEADOW BRIDGE	AWAY
2/8	RIVERSIDE	AWAY
2/12	TUCKER CO.	HOME
2/18	RICHWOOD	HOME
2/20	PENDLETON CO.	AWAY
2/21	JAMES MONROE	HOME
2/26	TYGARTS VALLEY	AWAY

GIRLS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/3	ALLEGHANY	AWAY
12/5	PENDLETON CO.	AWAY
12/10	GREENBRIER WEST	HOME
12/13	TYGARTS VALLEY	AWAY
12/18	RICHWOOD	HOME
12/19	ALLEGHANY	HOME
12/21	SUMMERS CO.	AWAY
12/27	HERBERT HOOVER	P.BURGC
12/28	P.BURG C. OR LIBERTY	P.BURGC
1/3	MIDLAND TRAIL	HOME
1/6	JAMES MONROE	AWAY
1/10	SUMMERS CO.	HOME
1/14	MIDLAND TRAIL	AWAY
1/17	TUCKER CO.	HOME
1/20	GREENBRIER WEST	AWAY
1/28	TUCKER CO.	AWAY
2/1	CHARLESTON CATH.	HOME
2/4	ELKINS	AWAY
2/7	RICHWOOD	AWAY
2/8	PENDLETON CO.	HOME
2/19	TYGARTS VALLEY	HOME

ALL SCHEDULES ARE SUBJECT TO CHANGE

ATTENTION: PCHS Males

On Behalf of the US Selective Service System and US Department of Education:

All males are required to register with the US Selective Service beginning 30 days prior their 18th birthday and extending 30 days thereafter. Late registration is accepted up to the 26th birthday. Failure to register prior to reaching age 26 may result in unfortunate life consequences, including:

- Ineligibility for employment by the federal government, the U.S. Postal Service, and many state and local governments;
- Ineligibility to receive federal and, in some cases, state student aid;
- Ineligibility to receive job training under the Workforce Innovation and Opportunity Act;
- Ineligibility for security clearances; and
- Delay in citizenship proceedings.

For more information and /or to register:


<https://www.sss.gov/Registration-Info/Who-Registration>

or

Stop by the School Counselor's Office

POCAHONTAS COUNTY SCHOOLS

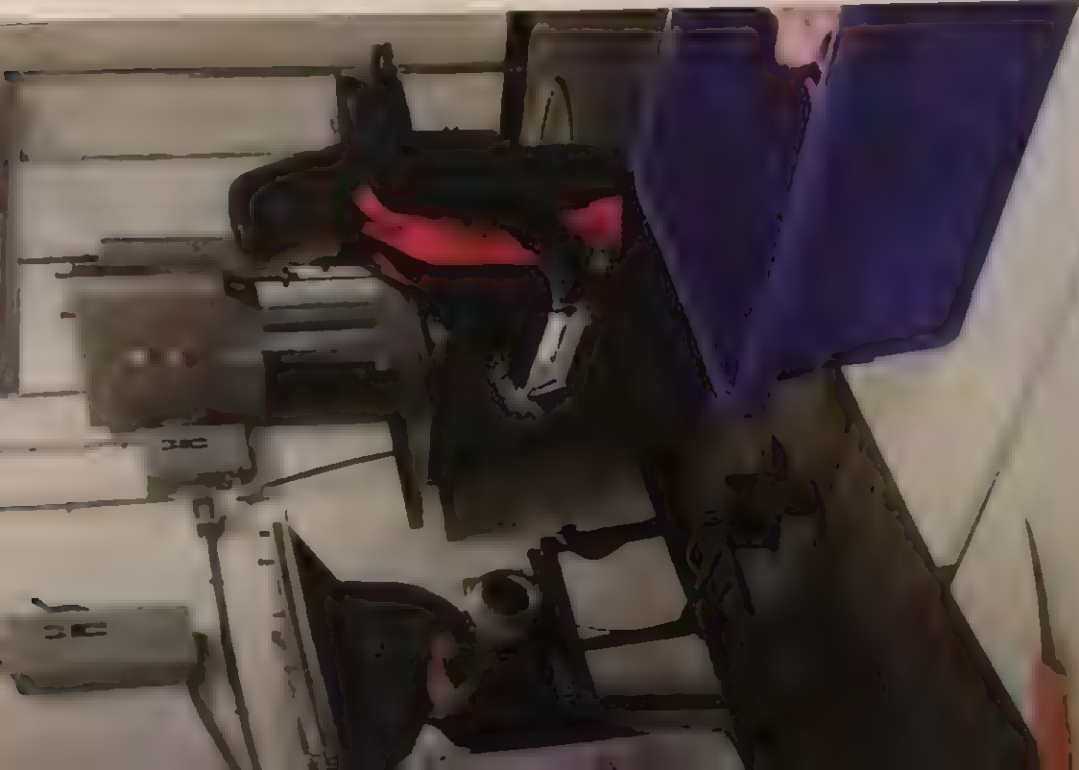
December Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Zucchini Bread Cereal Fruit Pizza Applesauce Cup Peas Diced Potatoes	3 French Toast Sticks Cereal Fruit Chicken Sandwich Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Sweet Potato Fries Mexican Corn Fruit	4 Bagel w/Cream Cheese Yogurt Fruit Spaghetti w/Meatballs Garlic Bread Green Beans Mixed Fruit	5 Sausage Gravy Biscuit Yogurt Fruit Chicken Wrap Lettuce/Tomato/Sour Cream Romaine Salad w/Tomatoes Refried Beans Birthday Cake	6 Pancakes Cereal Fruit Fish Sticks Scalloped Potatoes Fresh Carrot Sticks Fruit Homemade Rolls
2 Strudel Yogurt Fruit Ham & Cheese Hoagie Lettuce/Tomato Baked Beans 5 Way Veggies Fruit	10 Pretzel w/Cheese Cereal Fruit Chicken Pot Pie w/Mixed Vegetables Mashed Potatoes Mixed Fruit Sliced Cucumbers	11 Homemade Cinnamon Roll Yogurt Fruit Fish Sandwich Lettuce/Tomato Tartar Sauce/Ketchup Sweet Potato Fries Broccoli Salad Fruit	12 Egg & Cheese Biscuit Cereal Fruit Vegetable Beef Soup Grill Cheese Sandwich Green Beans Sherbet Fruit	13 Breakfast Burrito Yogurt Fruit Chicken Tenders Macaroni & Cheese California Blend Fruit
16 Breakfast Pizza Yogurt Fruit Sloppy Joe Oven Fries Carrot Stix Fruit	17 Sausage Biscuit Cereal Fruit Chicken Fajita w/Green & Red Peppers/Onions Mandarin Oranges Black Beans Salsa/Sour Cream Fruit	18 Yogurt Fruit Parfait or Strawberry Smoothie Cereal Bacon & Cheese Scrambled Eggs Hash Browns Applesauce Cup Fresh Veggies Biscuit	19 Blueberry Muffin Cereal Fruit Christmas Dinner Baked Ham Mashed Potatoes w/Gravy Stuffing Broccoli Cheese Rice Casserole Homemade Roll Cooks' Choice Dessert	20 Cooks' Choice
23 Professional Learning Day No School for Students	24 Christmas Break No School	25 Christmas Day No School	26 Christmas Break No School 	27 Christmas Break No School
30 Christmas Break No School	31 Christmas Break No School			

For breakfast milk and yogurt offered daily.
For lunch milk and fresh fruit offered daily.



OUR SCHOOL
IS SNOW
COOL!



The 2019 season is the first one where Pocahontas County FFA officially joined the roster of 19 HHH processors active in West Virginia. Make no mistake: These hunters may be young, but they bring professionalism and pride to their work.

Lifelong lessons

With deer, Berry says, the meat processing is a tad different, since the animal has to be skinned. By participating in HHH this year, students not only refine their skills with skinning, grinding, and packaging venison but also use those talents to feed folks who need healthy, nutritious meat. "I wouldn't have been able to do this in my other school because we didn't have a meats lab that could be state inspected," Berry says. He came to Pocahontas County six years ago after teaching for more than three decades in the Ohio Valley. "Here, we had the facilities that were ready to be utilized."

Some of the high schoolers might graduate and trade country nights for city lights, but learning the technique behind meat processing ultimately makes them wiser home chefs and consumers. "You know why the chuck is not as tender as the loin. You understand why the round on beef is not as tender as the ribeye," Berry says. It's all those valuable lessons that can perhaps only be appreciated by someone who has sliced and trimmed an animal from head-to-hoof themselves.

"My greatest takeaway is learning the cuts, and then being able to help others," Moyer says. She knows her talents will help her with her family's hogs, or even at her own farm one day. Kinison agrees, and he's also seen the benefit in the Career Development Events, or competitions, that the Pocahontas County FFA team participates in. "I've done it hands-on so it's a benefit, and other kids out there haven't had that type of experience," he says.

For his part, Berry credits his students' readiness to excel at everything from slicing and dicing meat to communicating with customers. "For 30 years, I've had good kids making me look good. They've done a great job."

And now folks in need all across West Virginia can also appreciate their tasty homework. 🍖

Hunters donate deer they've harvested to one of the participating certified meat processors. There, the venison is prepared, ground, and packaged into two-pound bags. Two food banks—Mountaineer Food Bank in Cassaway and Facing Hunger Foodbank in Huntington—make sure the low-in-fat, protein-packed meat gets into the skillers and onto the tables of those who need it. Those helped include soup kitchens, food pantries, senior centers, and other missions.

Each fall, the Governor's One Shot Hunt also greatly contributes to the money raised and venison gathered. The all-day event includes an antlerless white-tail deer hunt, banquet, and auction. Over the last 12 years, the Governor's One Shot Hunt has donated more than \$700,000 to the Mountaineer Food Bank for HHH.



Aliza Carr exhibits a sugar-cured bacon, which was raised by Carr and trimmed and smoked in the meats lab.

to sell pork sausages to teachers and other locals.

Meat inspectors review its facility just like any other professional butcher shop. "They're with us from the time we take the animal until the time the last package goes in the freezer," Berry says. But the inspectors don't work solely with Berry. They work with the students.

"Our meat inspectors are really happy with the way kids address issues and their customers."

A few students also rise to leadership roles, acting as managers of groups. One such student is senior Kaitlyn Moyers. Her family owns hogs, so taking Berry's classes for three years has helped her learn the different cuts of the animals she has at home. Moyers says she enjoys the opportunity to step up and assist others, too. "I found it a valuable learning process," she says. "If I could learn it, I could help future generations of kids and teach them."

The hands-on experience students get butchering with Berry is a cut above the rest. "A picture doesn't show you everything you can see in person," Moyers says. Jacob Kinnison, a junior at the high school and FFA participant, also sees it as a professional development opportunity. "I might have this as a future career of working in a butcher shop, so I thought I'd take advantage of learning as much as I could," he says.

Even when Berry's students are not breaking down a carcass, they're running a small business. Customers get cut sheets so they can select anything from the portions they want of the animal to how thick they prefer their steaks. For those who don't know chuck

from shank, the students help them decide which deer would best satisfy their cooking needs. Students also mix seasonings like Italian, breakfast, and maple in sausages to dazzle palates.


Learning by heart

Come late autumn, snowflakes gently cascade down onto the West Virginia forest and cover the carpet of dried leaves that have lain there since October. They also coat a hunter's blaze orange vest and cap. Despite the chill, the hunter doesn't move from his perch among the bare branches. The only sign of his presence is a puff of his breath clouding the crisp air.

A crack shatters the silence. He swivels slightly to his right, just in time to catch the buck in his crosshairs. A flash and bang later, the deer is ready to fill bellies in need.

Every year, Hunters Helping the Hungry gives thousands of pounds of venison to families all across West Virginia. As of the 2019 season, the West Virginia Division of Natural Resources has sponsored the program for 28 years and helped facilitate the processing of more than 26,000 deer and more than a million pounds of ground venison.

But HHH is a true labor of love among people and businesses statewide. The DNR is restricted from using revenue from hunter licensing fees to fund the program, so those fees have to benefit fish and wildlife programs, churches, conservation organizations, foundations, and individuals pitch in to make HHH a reality.



School bells chime, weaker squeals, and lockers slam shut every morning at Pocahontas County High School. Some teenagers settle into their desks, armed with textbooks and pencils for another day of solving quadratic equations and delving into world

history. But others file into a more unusual type of classroom. Rather than breaking out the calculators, they're breaking down a hog carcass.

Agriculture teacher Erwin Berry watches over the industrious teens as they cut between the ribs to divide the carcass. They carefully slice away the meat and feed it through a grinder. Soon, that pork will be transformed into tasty sausages. It's just another school day with the Pocahontas County FFA. "Our motto in the FFA is 'Learning to do. Doing to learn. Earning to live. Living to serve.' That spells out the way these kids learn," Berry says. "We apply what we learn to real-life, hands-on situations."

And now those students' learning will help feed those less fortunate. Pocahontas County FFA is one of the first FFAs to participate in Hunters Helping the Hungry (HHH).

Class is in session

In Berry's classes, the beginning lesson of the school year is anatomy. At first glance, the syllabus seems extensive: cattle, hog, lamb, deer, and goat. But, Berry says, they're all mammals, so the basic structures are the same. The differences come when students learn how to execute primal cuts—the pieces that are initially separated from the carcasses—and retail cuts—which are what most of us toss in our grocery store carts or order off of a steakhouse menu. For instance, the loin would be considered a primal cut of beef. Then, from that loin, you might get a decadent T-bone, filet mignon, or Porterhouse steak.

How students learn to distinguish one cut from the next is similar to most classrooms. They study slideshows, watch videos, and spell out the steps on paper. But soon it's pencils down and hands up. Berry gathers locally sourced animal carcasses, and the students tighten their apron strings in the agricultural department's meats lab.

Last year the class took on an even bigger feat. The Pocahontas County FFA received certification through the West Virginia Department of Agriculture

MOUNTAINEER HERITAGE HUNTING SEASON

HERMITAGE OF THE HOLY CROSS

WONDERFUL WEST VIRGINIA



[Close](#)

POCAHONTAS COUNTY

Senior Basketball(G) Schedule

Events

1	12/03/19	JV 5:30, V 7:00PM	A	ALLEGHANY,VA H.S.
2	12/05/19	JV 6:15, V 7:30PM	A	PENDLETON COUNTY
3	12/10/19	JV 5:45 V 7:00PM	H	GREENBRIER WEST
4	12/13/19	JV 5:45 V 7:00PM	A	TYGARTS VALLEY MIDDLE/SENIOR HIGH
5	12/18/19	JV 5:45, V 7:00PM	H	RICHWOOD
6	12/19/19	JV 5:45 V 7:00PM	H	ALLEGHANY,VA H.S.
7	12/21/19	JV 5:30 V 7:00PM	A	SUMMERS COUNTY HIGH SCHOOL
8	12/27/19	6:00PM	A	PCHS VS. HERBERT HOOVER @ PARKERSBURG CATHOLIC
9	12/28/19	12:00 or 1:30PM	A	PCHS VS. PARKERSBURG CATHOLIC OR LIBERTY (HARRISON) @ PARKERSBURG CATHOLIC
10	01/03/20	JV 5:45 V 7:00PM	H	MIDLAND TRAIL HIGH SCHOOL
11	01/06/20	JV 5:30 V 7:00PM	A	JAMES MONROE
12	01/10/20	JV 5:45 V 7:00PM	H	SUMMERS COUNTY HIGH SCHOOL
13	01/14/20	JV 5:45 V 7:00PM	A	MIDLAND TRAIL HIGH SCHOOL
14	01/17/20	JV 5:45 V 7:00PM	H	TUCKER COUNTY
15	01/20/20	JV 5:45 V 7:00PM	A	GREENBRIER WEST
16	01/28/20	JV 5:45 V 7:00PM	A	TUCKER COUNTY
17	02/01/20	JV 2:00 V 3:30PM	H	CHARLESTON CATHOLIC
18	02/04/20	JV 5:45 V 7:00PM	A	ELKINS
19	02/07/20	JV 5:45 V 7:00PM	A	RICHWOOD
■	02/08/20	JV 2:00 V 3:30 Pink OutPM	H	PENDLETON COUNTY
21	02/19/20	JV 5:45 V 7:00 Senior NightPM	H	TYGARTS VALLEY MIDDLE/SENIOR HIGH

wins: 0 lost: 0 ties: 0

[Close](#)

POCAHONTAS COUNTY

Senior Basketball(B) Schedule

Events

1	12/11/19	JV 5:45 V 7:00PM	H -	MOOREFIELD
2	12/13/19	JV 5:45 V 7:00PM	H -	MIDLAND TRAIL HIGH SCHOOL
3	12/16/19	JV 5:45 V 7:00PM	H -	GREENBRIER WEST
4	12/20/19	JV 5:45 V 7:00PM	A -	TUCKER COUNTY
5	01/02/20	TBA PM	A -	NEW RIVER COMM. AND TECH
6	01/07/20	JV 5:45 V 7:00PM	A -	RICHWOOD
7	01/10/20	JV 5:45 V 7:00PM	A -	GREENBRIER WEST
8	01/14/20	JV 5:45 V 7:00PM	H -	MEADOW BRIDGE HIGH
9	01/17/20	JV 6:00 V 7:00PM	A -	HARMAN
10	01/22/20	JV 5:45 V 7:00PM	H -	TYGARTS VALLEY MIDDLE/S
11	01/24/20	JV 5:45 V 7:00PM	A -	MIDLAND TRAIL HIGH SCHOOL
12	01/27/20	JV 6:15, V 7:30PM	H -	PENDLETON COUNTY
13	01/29/20	JV 6:00 V 7:00PM	A -	MOOREFIELD
14	01/31/20	JV 5:45 V 7:00PM	H -	RIVERSIDE
15	02/04/20	JV 5:45 V 7:00PM	H -	ELKINS
16	02/06/20	JV 5:45 V 7:00PM	A -	MEADOW BRIDGE HIGH
17	02/08/20	JV 2:00 V 4:00PM	A -	RIVERSIDE
18	02/12/20	JV 5:45 V 7:00PM	H -	TUCKER COUNTY
19	02/18/20	JV 5:45 V 7:00PM	H -	RICHWOOD
20	02/20/20	JV 6:15, V 7:30PM	A -	PENDLETON COUNTY
21	02/21/20	JV 5:45 V 7:00 Senior Night	PM	JAMES MONROE
22	02/26/20	JV 5:45 V 7:00PM	A -	TYGARTS VALLEY MIDDLE/S

wins: 0 lost: 0 ties: 0

6:12

LTE

2019 Elf auction

DOCX 13 KB

To Whom It May Concern,

As the Holiday Season is upon us, we would like to take this opportunity to invite you to participate in the 2019 Pocahontas County High School Elf Auction. This year, the event will take place on Friday, December 13 beginning at 12:30. This annual event at PCHS allows students, staff and colleagues to participate in a fun filled auction. Our auctioneer adds to the excitement and fun with his antics, while the participants enjoy a time of laughter, fun and bidding wars. All proceeds go to Project Christmas at PCHS. This is used to provide gift cards for students that may not otherwise have the opportunity to enjoy the Holidays.

As a valued community member, we are inviting you to contribute to this event in one or more ways. You may contribute by donating an item for the auction and/or attending the 2019 Elf Auction. Suggestions for donations include baked items, gift baskets, handcrafted items such as woodworking, season passes and gift certificates to local businesses. We will also gladly accept cash donations!

Our goal for 2019 is to give 100 gift cards. If you have any questions, please contact Linda Beverage or Michelle Wilfong at 304-799-6564. Arrangements can be made to have your donation delivered to PCHS if you are unable to attend. Thank you in advance for helping us make this a memorable Christmas for students at Pocahontas County High School.

Sincerely,

Linda Beverage, Counselor

Michelle Wilfong, Librarian/Media Specialist



BATTLE OF THE CLASSES



October













101



104































A large mural titled "WARRIOR TERRITORY" in bold, yellow, outlined letters at the top. The central figure is a Native American warrior, painted in earthy tones, holding a spear with a feathered fletching in his right hand and a circular shield in his left. The shield features the letters "PCHS" in a stylized font. The warrior is positioned directly beneath a basketball hoop and its net. The background of the mural shows a landscape with jagged, snow-capped mountains and a rocky, forested hillside on the right. In the foreground, a group of students is visible, looking up at the mural. The overall scene is set within a school gymnasium.



Electronics Technology
E. Technology & Commerce
Electronics Technology
Budget Control

Chapman Woodruff
Adrianne Huntington
Adrianne Huntington
Tosha Cantata
Tosha Cantata
Cary Woodruff
Linda Callahan
Linda Callahan
Dagmar, Douglas, Joseph
J. Hoffman, John, David & John
Rebecca, Douglas, David, John
I believe that there is only
I don't believe, I don't believe







ART

DOES

**SUICIDE
PREVENTION**

COMBAT

WE'RE GOING GREEN

Recycling for Dummies

Recycling is the process of converting waste materials into new materials and objects. The materials are usually paper, glass, plastic, and metal. Recycling is an important part of the waste management process because it helps to reduce the amount of waste that ends up in landfills and incinerators. Recycling also helps to conserve natural resources and reduce the amount of energy needed to produce new materials.

Recycling for Dummies

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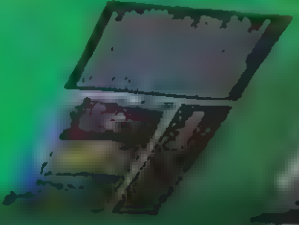
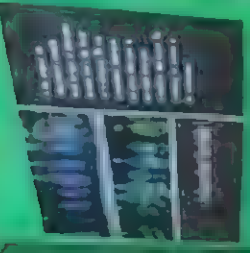
Recycling for Dummies

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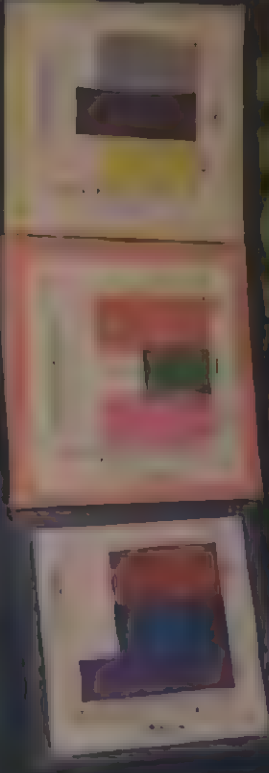


Recycling for Dummies

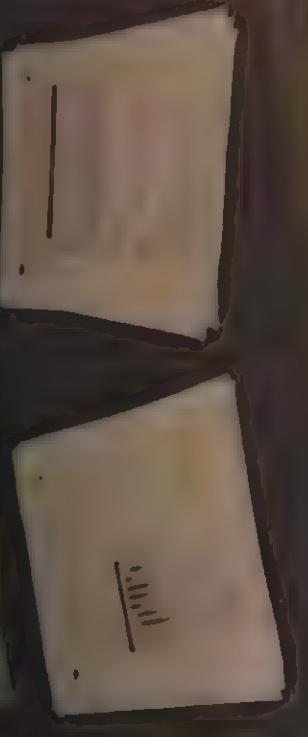
Recycling is the process of converting waste materials into new materials and objects. The materials are usually paper, glass, plastic, and metal. Recycling is an important part of the waste management process because it helps to reduce the amount of waste that ends up in landfills and incinerators. Recycling also helps to conserve natural resources and reduce the amount of energy needed to produce new materials.



IF YOU
DON'T
USE IT,

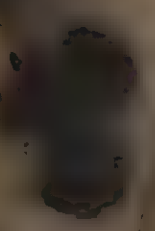
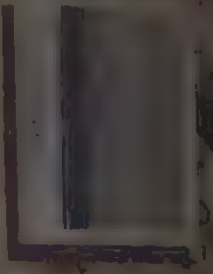


DO YOU
LOSE IT?



Paw Preference

Supports Learning and Development



Norwex vs Lysol

Purpose

Question

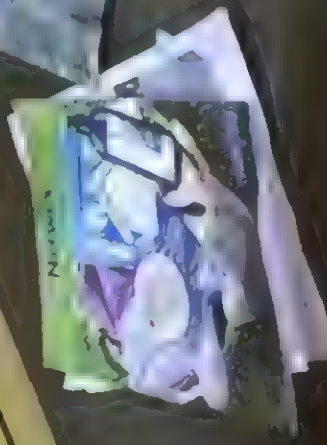
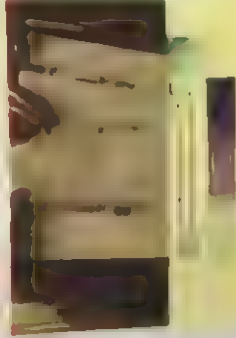
Hypothesis

Variables

Materials

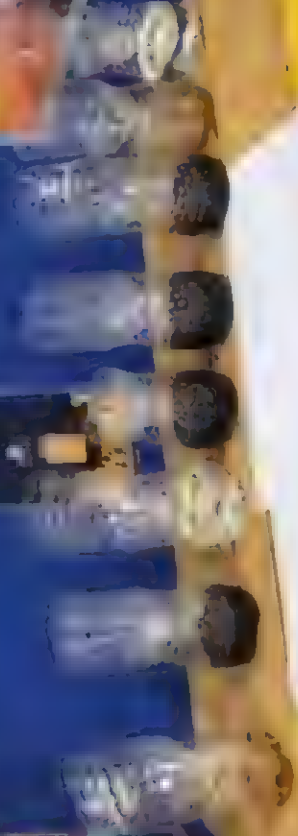
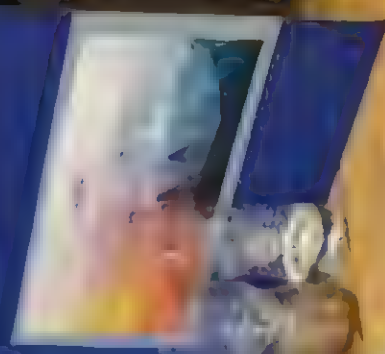
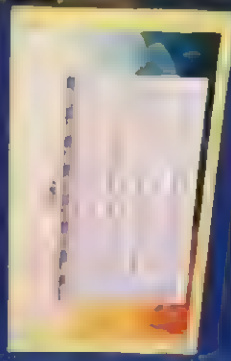
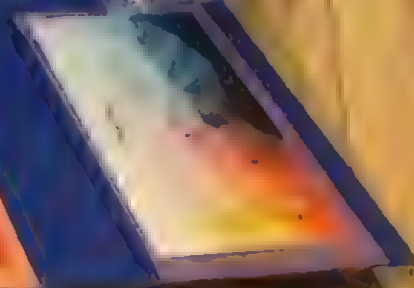
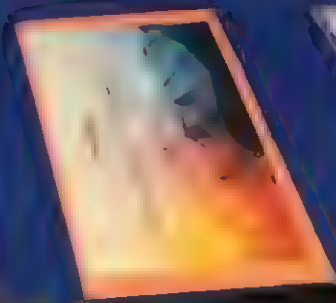
Procedure

Results

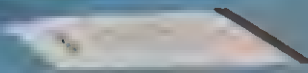
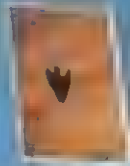
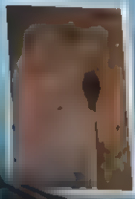


SHOO

FLY

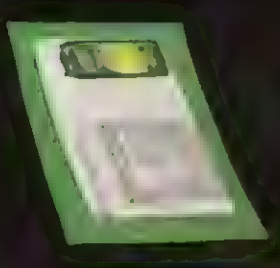
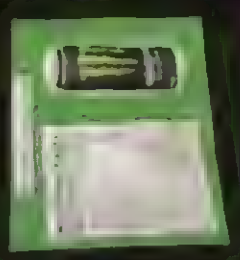
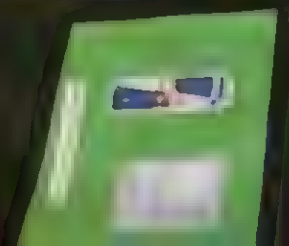


On Target



ENERGY DRINK

EFFECTS







Pocahontas County Girls Basketball will be selling Red Poinsettias. Cost of each Poinsetta will be \$10.00. Please collect money as you sell. Checks made payable to PCHS- Girls Basketball. Orders and Money will be collected on Nov. 22, 2019 at practice. I will get a tentative number on Monday Nov. 18. Please try hard this week to sell as many as you can!! Anticipated delivery date for Poinsettias to be picked up a PCHS is Dec. 6. Thanks in advance for your hard work in selling!!

[illegible]

Boys A/AA Region 3 all region teams

1st Team

Kolton Alderman -Striker

2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

Girls

1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

All State Honors

Boys

Honorable Mention All State

Kolton Alderman

Girls

2nd Team All State

Savannah McMillion

Honorable Mention

Kira Bircher

Laila Calhoun

**THANK YOU
VETERANS**

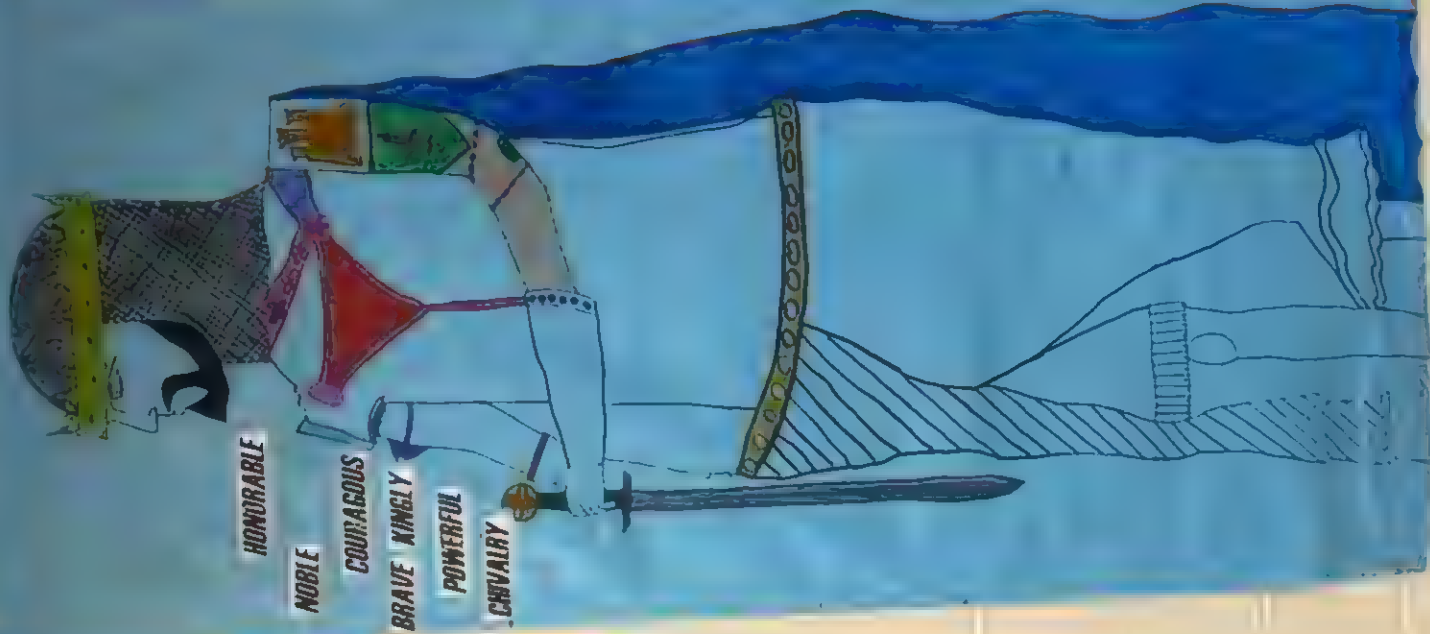


26535 89793 23346 26433 83279 50288 41271 69399 37510 58209 7494 ; 1640528





KNIGHT



HONORABLE

NOBLE

COURAGEOUS

BRAVE

POWERFUL

CHIVALRY





TERRITOR

HOMETOWN
BIRMINGHAM





WARRIOR TERRITORY



CORTES COURT POLICE RECORDS

Year	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Arrests	12	15	18	22	25	28	32	35	38	42	45	48	52	55	58	62	65	68	72	75	78	82	85	88	92	95
Offenses	10	12	15	18	20	22	25	28	30	32	35	38	40	42	45	48	50	52	55	58	60	62	65	68	70	72
Convictions	8	10	12	15	18	20	22	25	28	30	32	35	38	40	42	45	48	50	52	55	58	60	62	65	68	70
Clearance Rate	85%	88%	90%	92%	95%	98%	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

POCAHONTAS COUNTY TRUCK RECORDS

Year	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045
Trucks	10	12	15	18	22	25	28	32	35	38	42	45	48	52	55	58	62	65	68	72	75	78	82	85	88	92	95
Accidents	5	6	8	10	12	15	18	20	22	25	28	30	32	35	38	40	42	45	48	50	52	55	58	60	62	65	68
Deaths	2	3	4	5	6	8	10	12	15	18	20	22	25	28	30	32	35	38	40	42	45	48	50	52	55	58	60
Property Damage	1500	1800	2200	2500	3000	3500	4000	4500	5000	5500	6000	6500	7000	7500	8000	8500	9000	9500	10000	10500	11000	11500	12000	12500	13000	13500	14000







TERRITOR

HOMETOWN
BIRMINGHAM

TOR
S
SALS
NON
SALVAGE
IN
PARTS
CKED
VICE

WARRIOR TERRITOR



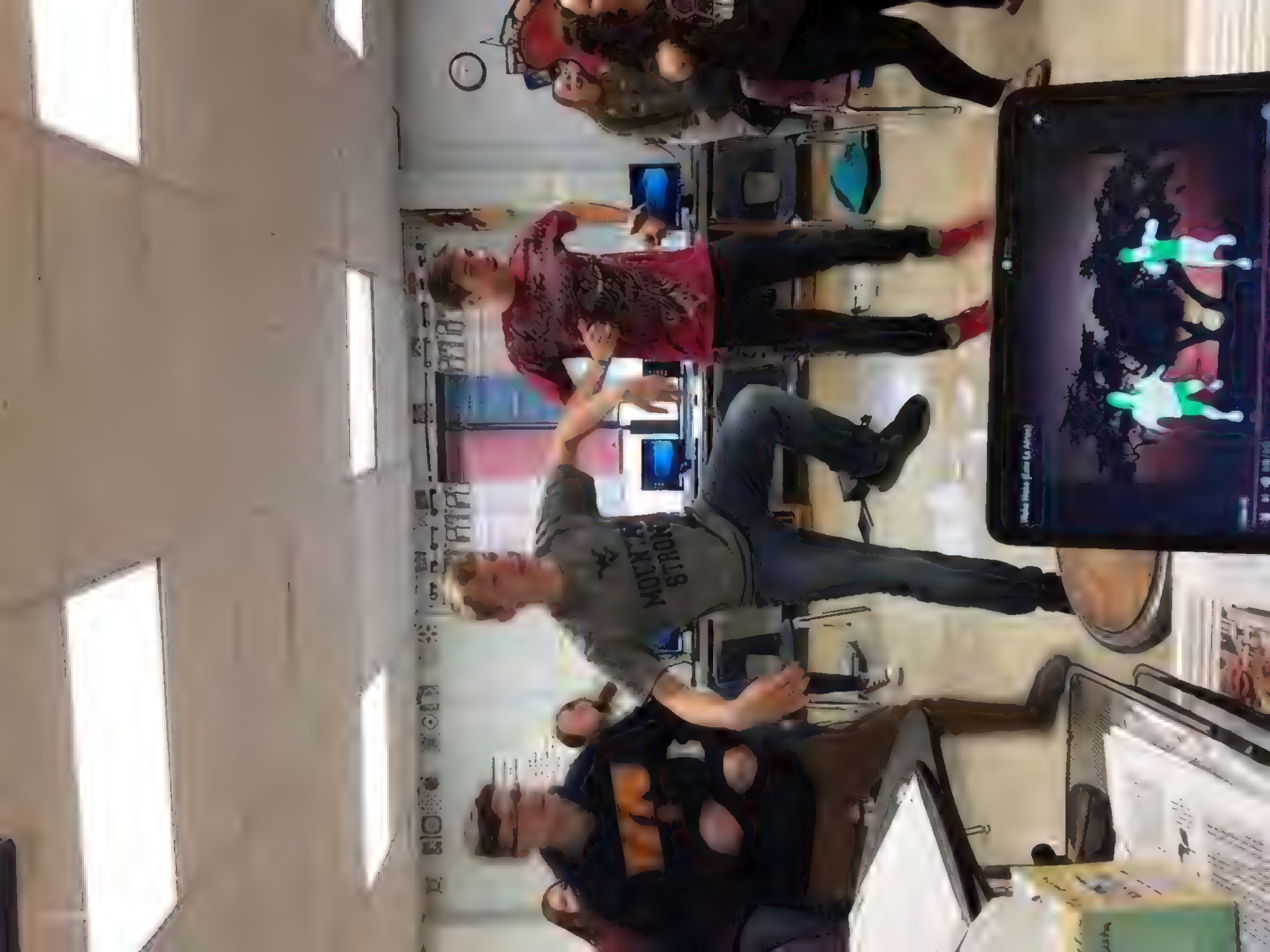


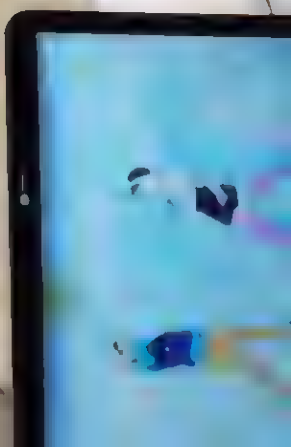














YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$10 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**

Prayer Locker

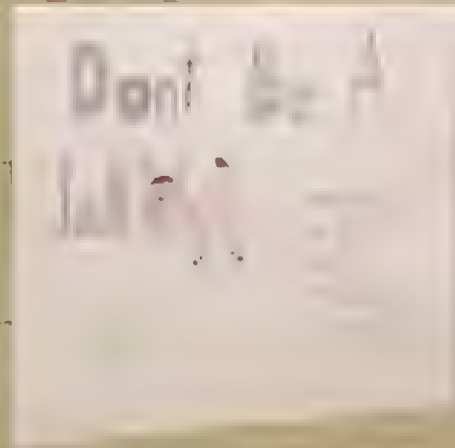
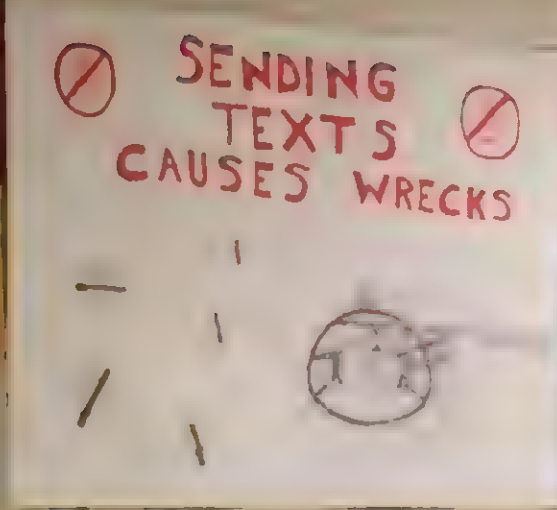
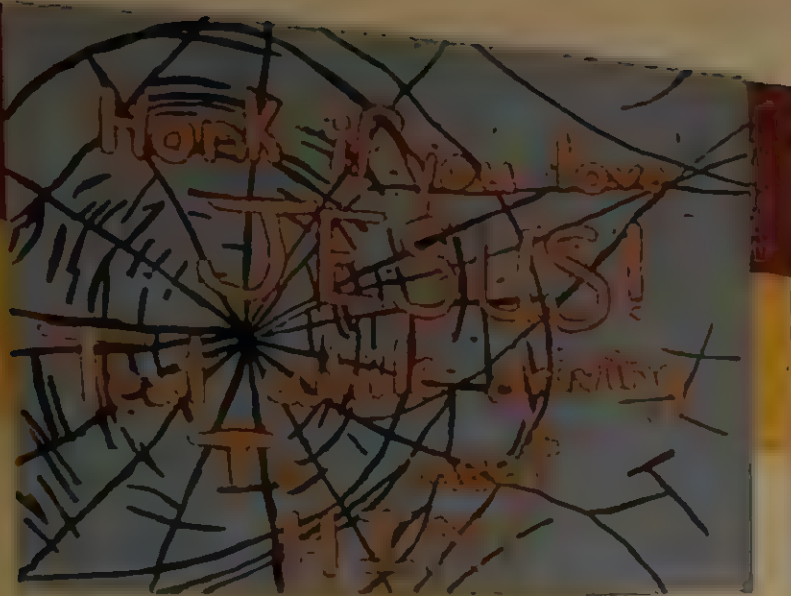
Write your prayer request on the paper provided and put it through this locker slot.

We will be happy to pray for you.
You do not have to give your name and all prayer requests will remain confidential.

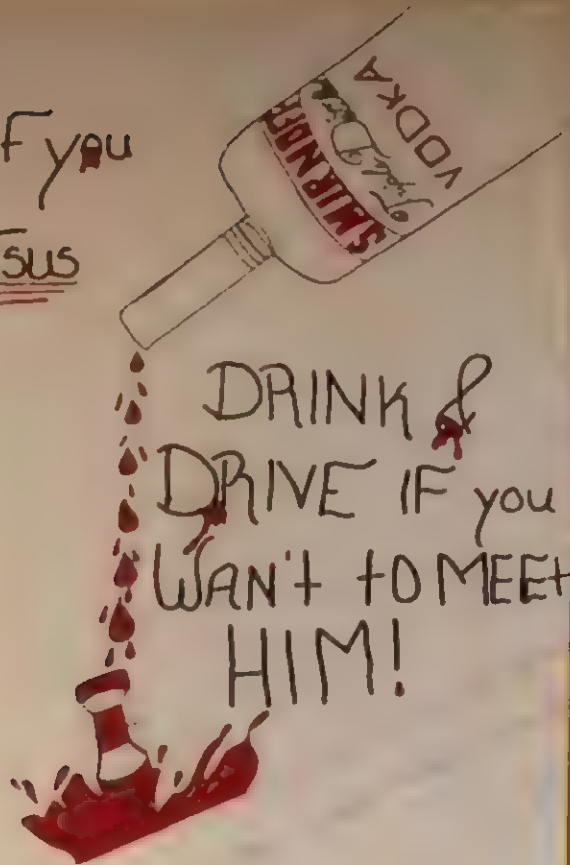
Sponsored by FCA: PCHS HUDDLE







HONK IF you
LOVE Jesus



DRINK &
DRIVE IF you
WAN'T TO MEET
HIM!

DISTRACTED DRIVING



DON'T DRINK

and

DRIVE



It Can
Wait



DISTRACTED
DRIVING

CALL OR
TEXT

1-800-424-4359
PEAS

you put everyone
in danger,
when you have
road anger!

Look at traffic signals
can cause by aggressive
driving



It's not 30 minutes to
get to work, it's 30 minutes
to get to work

Anger, as much as it
can be, is not appropriate
in the workplace



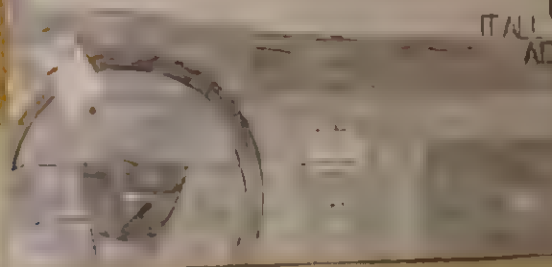
DONT
DRIVE DRUNK
IT IS NOT A



BUCKLE
UP

HANG
UP

HEADS
UP
IT ALL
ADDS
UP



DONT DRINK

and

DRIVE



The clock will
Keep Ticking But
Your Heart
Won't



ROAD
PAGE




It Can
Wait.

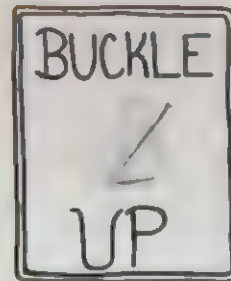




LEAVE IT **UNREAD**
OR END UP **DEAD**

It's More
Than Just A
TICKET.

It's $\frac{1}{5}$ 
Your



LIFE

Don't Drink And Drive...
your



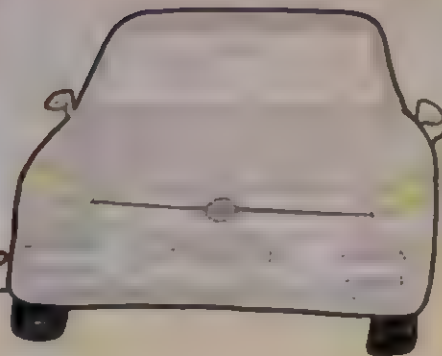
First Sip

Could Be your Last!

NO Distraction
is worth a life...
THE CAR WILL!



DRUNK DRIVING



Alcohol & A
Wheel gon'
get ya

Killed

Over 65% of all fatal single car crashes
are alcohol related

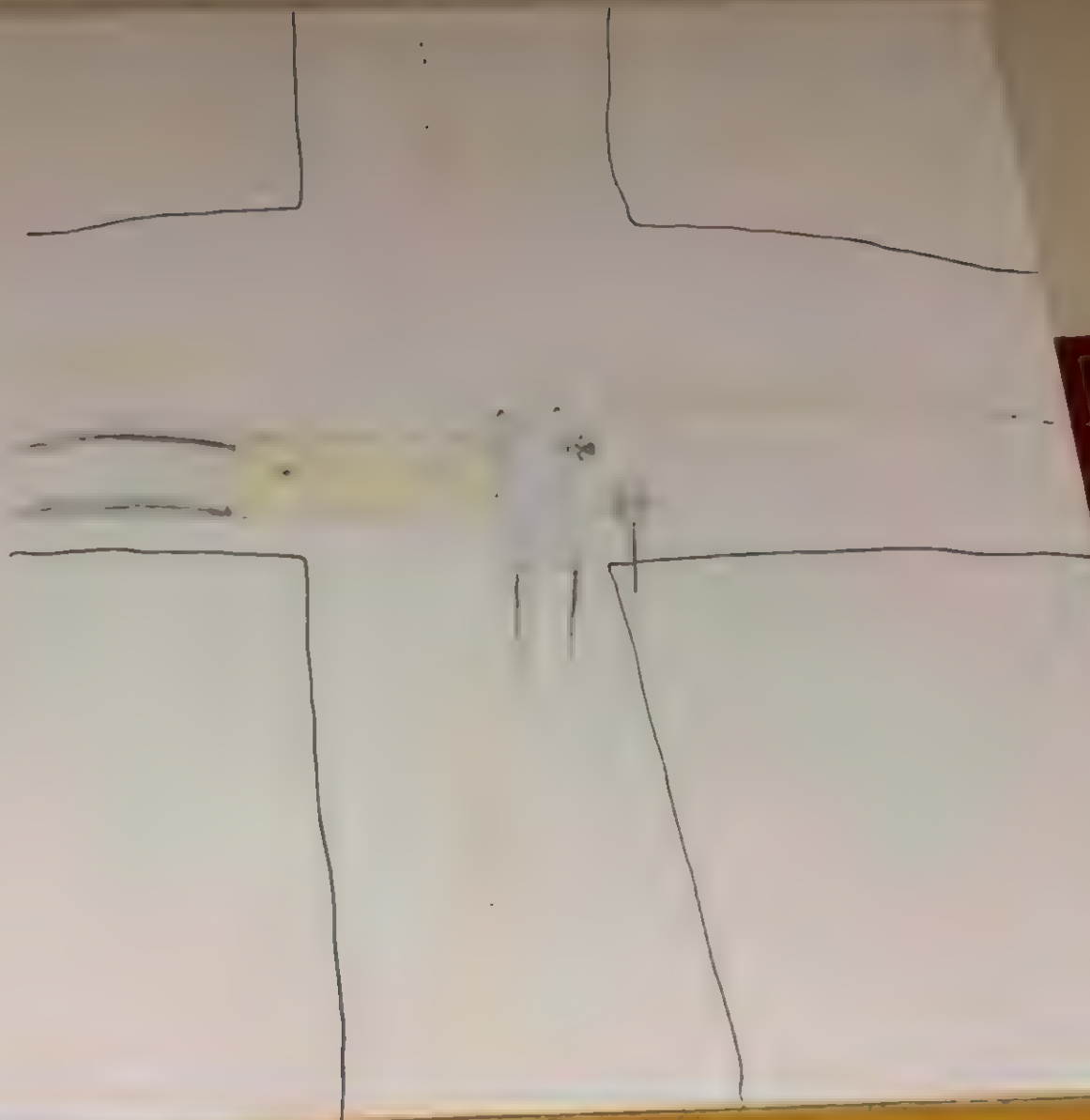
If
the
your

you're feeling
KING check
GAUGE



DONT
MAKE
A
FUSS

STOP
FOR
THE
BUS









FIND
THE KEY

FIND

TO

YOUR
FREEDOM



























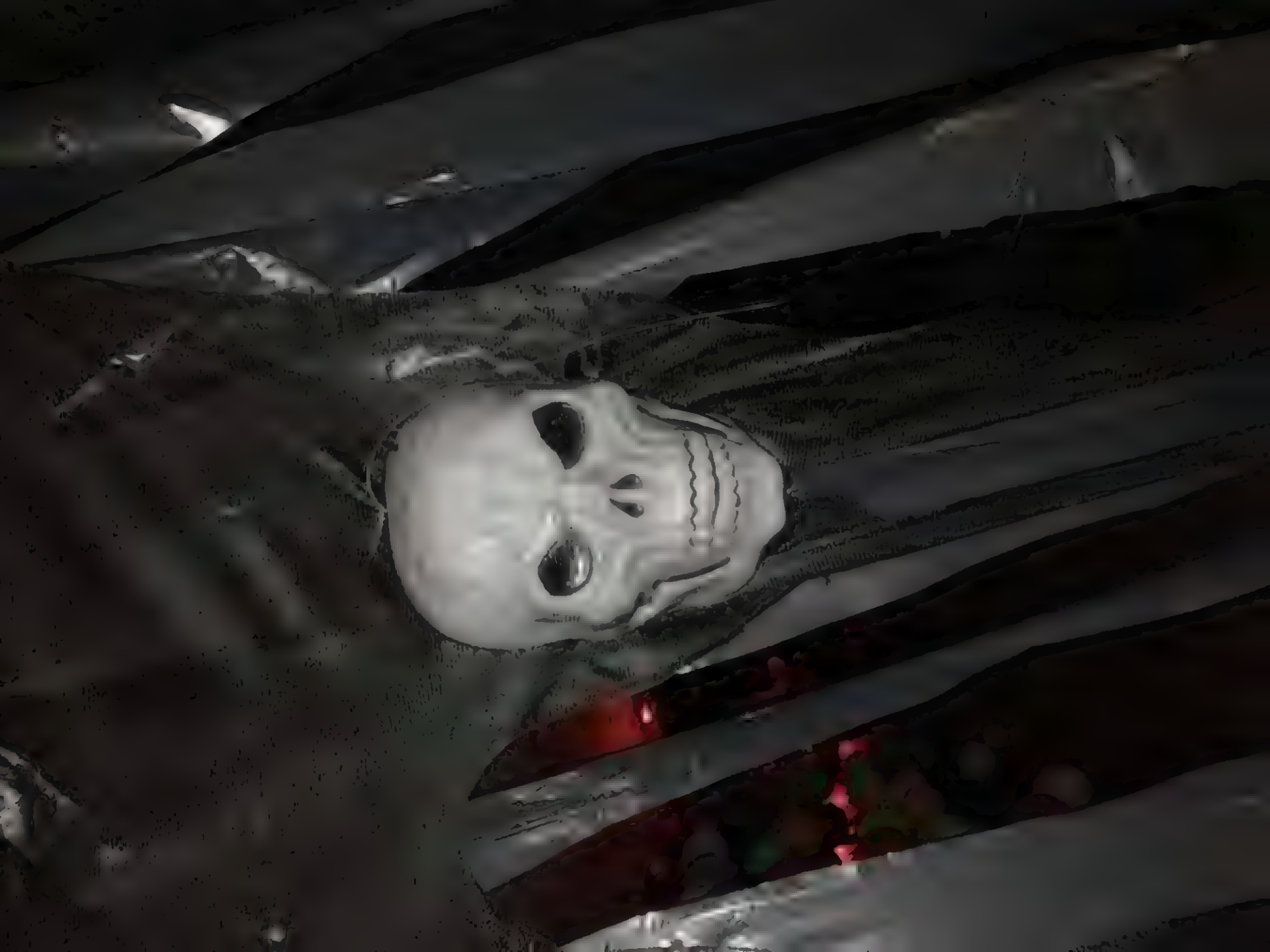




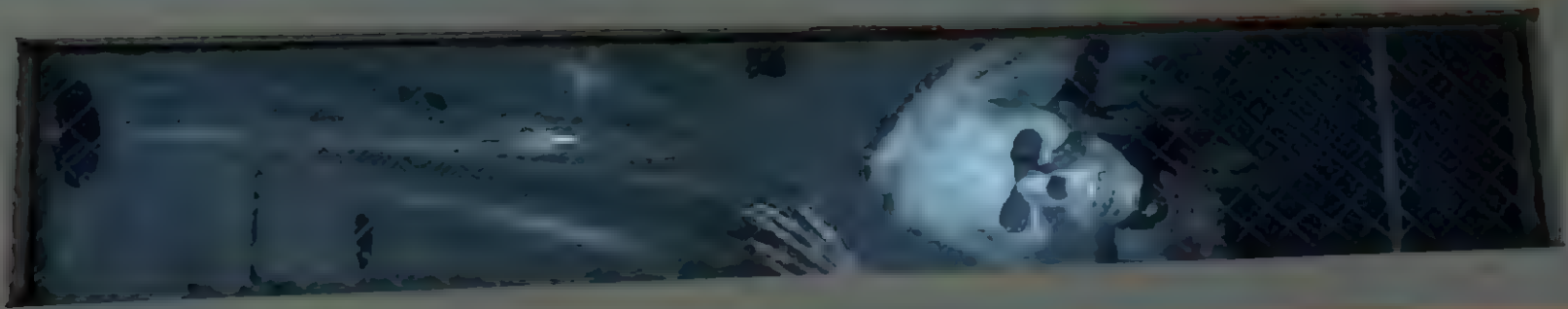














BATTLE OF THE CLASSES







40

Proudly Support
WARRIORS!

SERVICE















































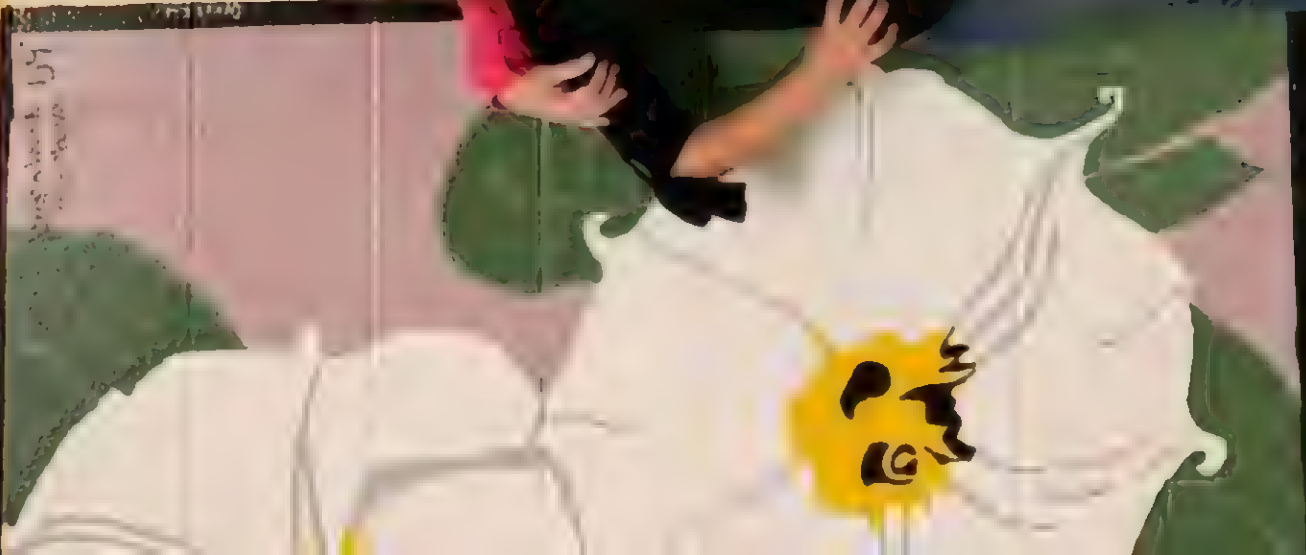
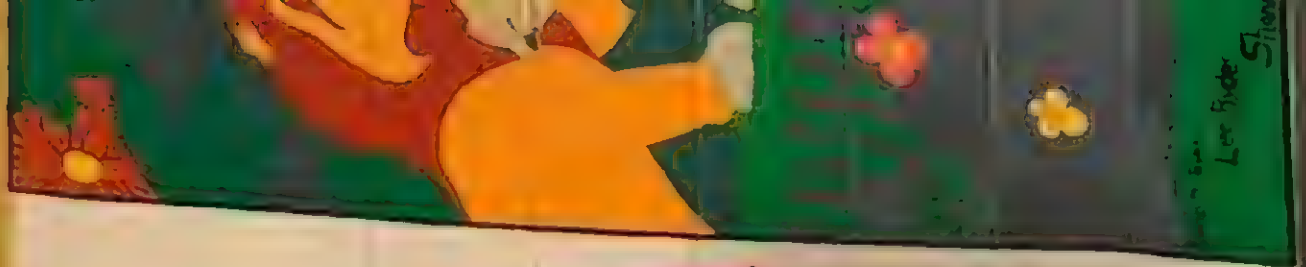


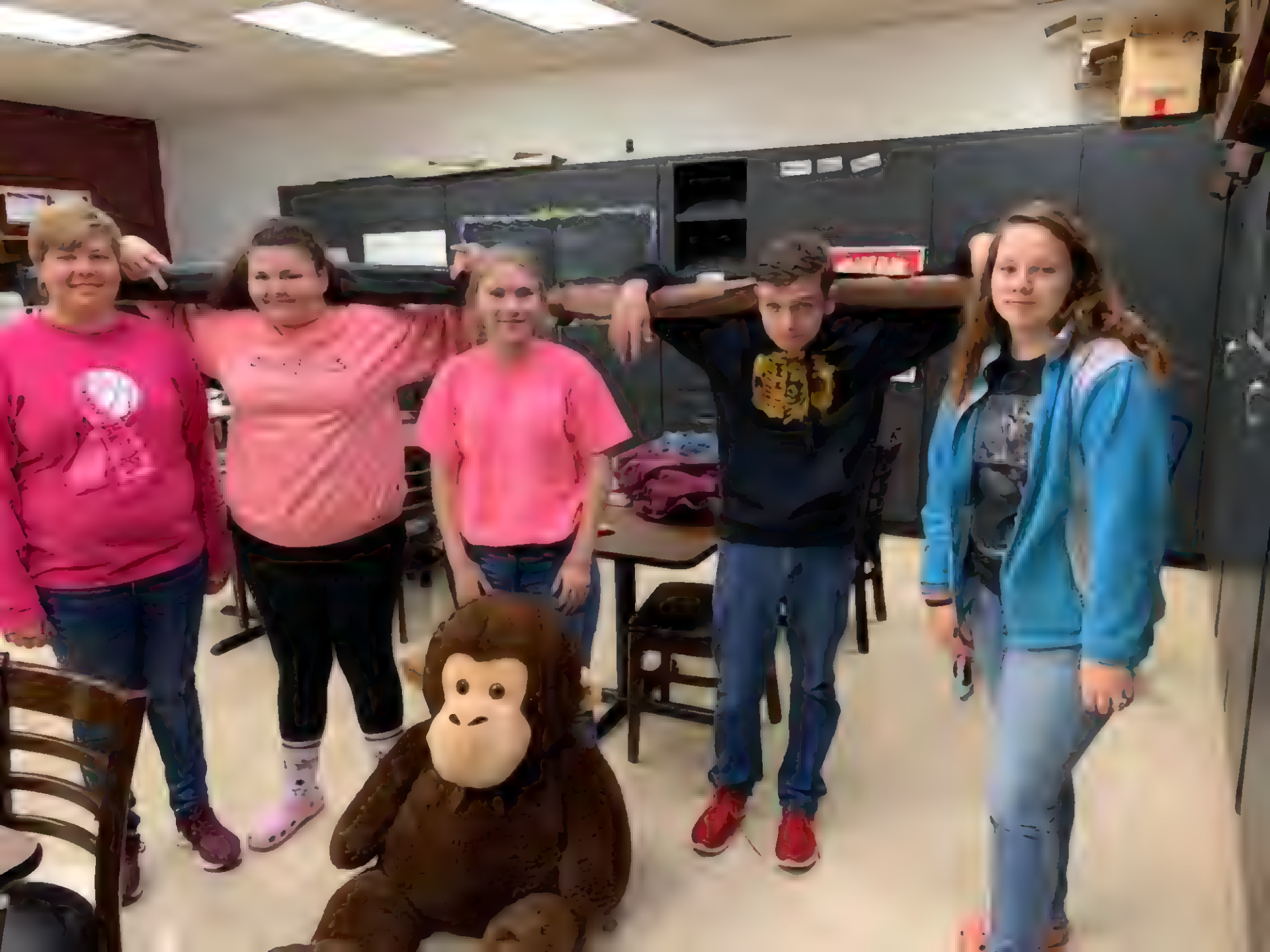
87
DRAFTING
BRONZE















FOR US, IT'S A
GAME
FOR THEM, IT'S A
BATTLE
PINK OUT

Being important is nice,
but being **NICE** is more
important!!!

**PINK
OUT
BATTLE**





HELLO
POLKA-HAUNT-US



LEAVES

ARE

FALLING

AUTUMN'S

CALLING





WELCOME
TO

Ms
Mason?

NUT

HOUSE



TRICK OR
TREAT



SMELL
OUR
FEET!





Knock if you DARE

Thomas

Calvin

Leslie

Mr. W.

Robin

Zoe









Life's no fun
without a
good scare!

Miss
Sally
11/10/11

John
Mrs. Mann
Irene
Helen
Nancy
Sara
Leo



The 8 little Pumpkins!



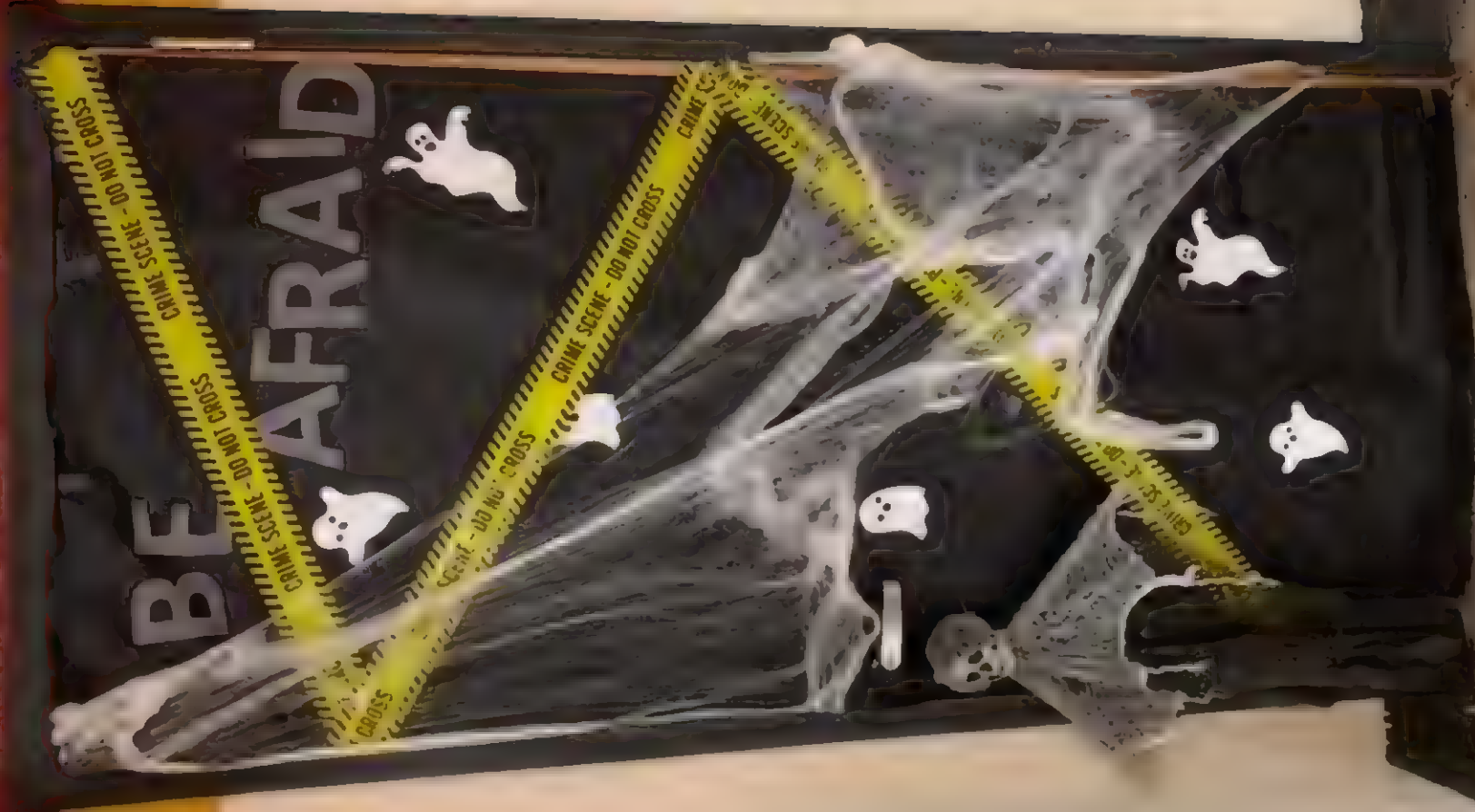
96

EL INBOU



COMPUTER LAB

BE AFRAID





**WELCOME
TO OUR
PATCH**



LIBRARY

LA 520.92.C

MEDIA CENTER

WE'RE

POPPIN

INTO

FALL





NO ELECTRONIC DEVICE
USE IN THIS CLASSROOM



HELLO
POLKA-HAUNT-US



LAS CIENCIAS



WARRIOR



What's
brewing in
Ms. Curran's
class?





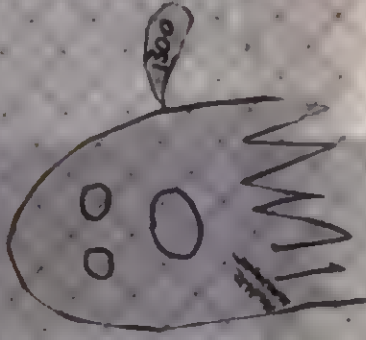
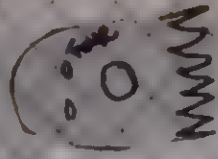


POCAHONTAS CO. HIGH SCHOOL

HOME OF THE WARRIORS!

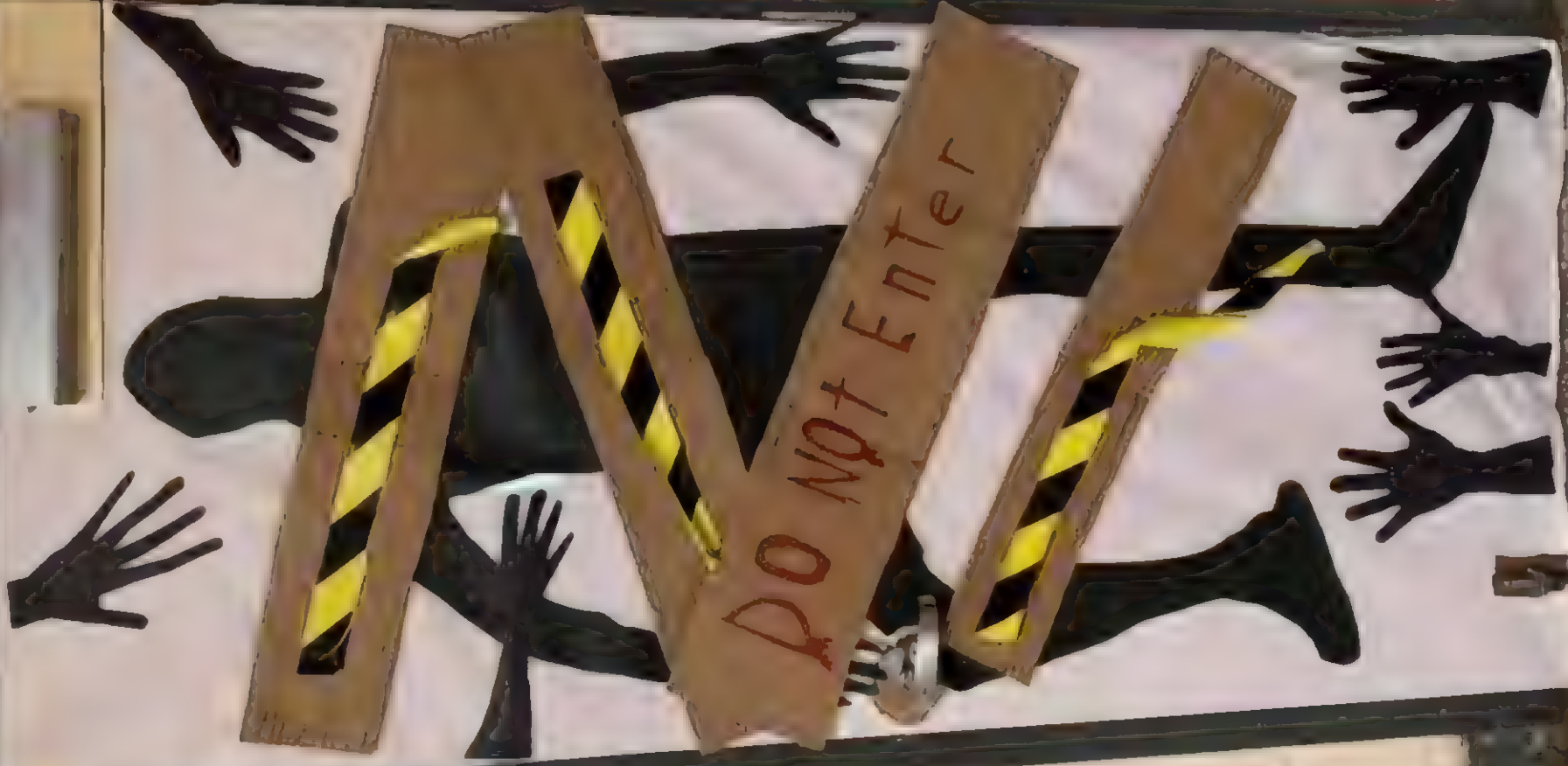


Kemie



1300















Pink out

Friday

Oct 25, 2019

Wear your pink to support Breast Cancer
Awareness and help your class win the 1st
battle of the classes.



Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever gifting up *hope*

Happy
Boss's
Day





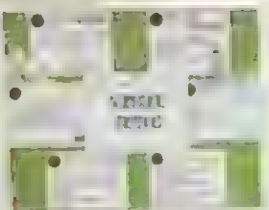
THOUGH LEAVES ARE MANY THE ROOT IS ONE.

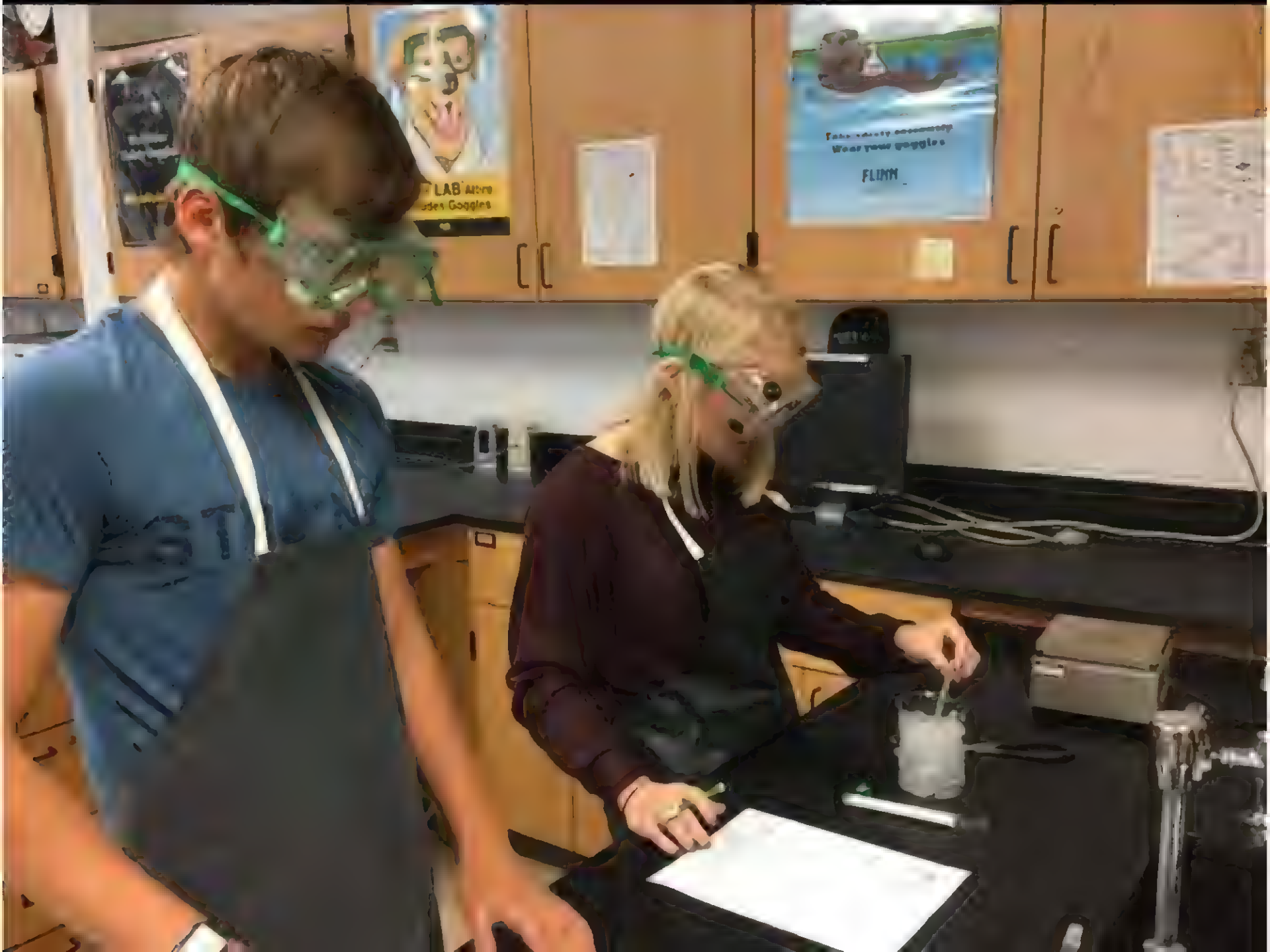
WARRIOR PRIDE



You Wear
Your
Goggles?

ays
Protect
Your Eyes!











**Pocahontas County High School
Photo Permission OPT Out Form**

Throughout the year, PCHS students participate in activities, events or projects in which we want to showcase the students. The students may be photographed or videotaped in order to do this.

Please fill this form out ONLY if you DO NOT want your child's picture used!

Please return by October 22, 2019. If we do not receive this form back by that date, we will assume your child can be photographed.

Student Name: _____

Homeroom Teacher: _____

Grade: _____

In school displays - including but not limited to: bulletin boards, class-made books, or student multimedia projects; students may be identified by first and last name.

School Facebook Page - including but not limited to main pages, class pages, or special events taking place at school or outside of school. Students may be identified at times by first name only.

Parent

Signature: _____

Date: _____











7:37

LTE 



Shannon Arbogast ▶ **PCHS
Warrior Soccer**



🛡️ **Admin** · 27 mins · 

**Practice has been been
cancelled due to the
weather.**



Like



Comment



Pocahontas County High School
271 Warrior Way
Dunmore, WV 24934
304-766-6565

Pocahontas County High School
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Parent _____
Signature: _____

Date: _____

Yeti Raffle:
3 Chances to WIN!!
For PCHS Junior Class \$5 for 1 or \$20 for 5
3 drawings on 10/31/19
Items:
1st - White Yeti cooler
2nd - 2 20 oz. cups (purple & black)
3rd - Yeti lunch bag
Winners will be contacted through given information.

NAME: _____

PHONE #: _____

SELLER: _____





Pink out

Friday

Oct 25, 2019

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Awareness and help your class win the 1st
battle of the classes.



Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever giving up *hope*

Pocahontas County HS Letterman Jacket Order Form



Starter Package

☐ Vinyl Sleeves

School name and mascot on back (Chenille)

Name and year date embroidered on front

Vinyl trimmed pockets

Varsity Package

Leather Sleeves

☐ School name and mascot on back (Chenille)

Name and year date embroidered on front

Leather trimmed pockets

Sizing Chart

X-Small (30-32) 2X-Large (50-52)
Small (34-36) 3X-Large (54-56)
Medium (38-40) 4X-Large (58-60)
Large (42-44) 5X-Large (62-64)
X-Large (46-48) 4X or 5X Add \$40

Jacket Personalization:

Jacket Size _____

Name (Front) _____

Grad Year _____

Add School Letter (Add \$20) ☐

Jacket Add-On Options:

Sport / Activity Back Bottom (Add \$ 25) _____

Left Sleeve Patch (Add \$15 each) _____

Right Sleeve Patch (Add \$15 each) _____

... Write in Sport or Activity. They'll pick patch at order table.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

Email: _____

\$199

\$249

Jacket Price:	
Add-On:	
S/H:	\$9.95
Subtotal:	
Add 6% Tax:	
Total:	
Amount Paid:	
Balance Due:	

Cash Check Visa M/C Discover AMEX

Card Number: _____

Exp Date: ____ / ____ Code on Back: _____

Amount Paid: _____ Check #: _____

** Minimum \$150 deposit or paid in full to Order. November 1st is deadline for guaranteed Pre-Christmas delivery.

** Jackets take approximately 6 weeks for delivery. Jackets are non-refundable because of personalization.

Mail jacket order forms to: Jostens Po Box 920 Scott Depot, WV 25560 (681)235-3138



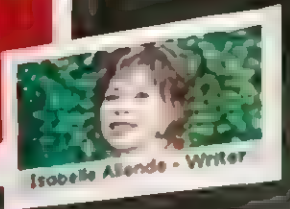
Bolivia



Dominican Republic



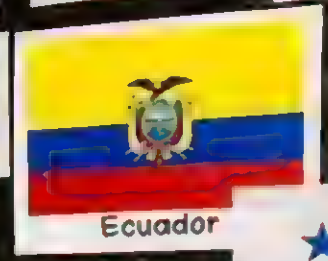
Peru



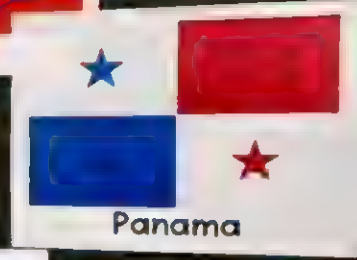
Chile



Colombia



Ecuador



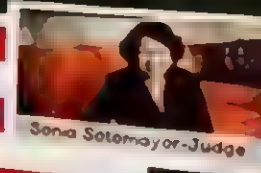
Panama



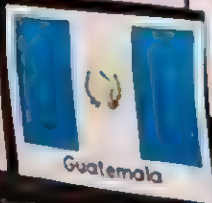
Costa Rica



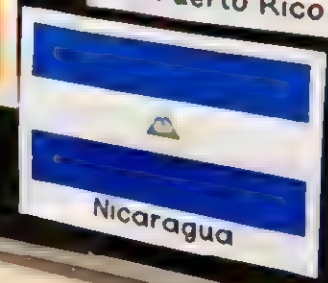
Mexico



Puerto Rico



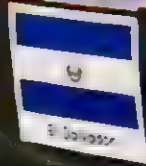
Guatemala



Nicaragua



Cuba



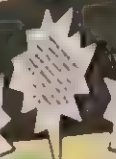
El Salvador



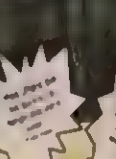
Argentina



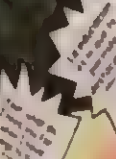
Uruguay



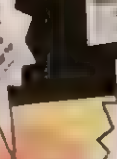
Venezuela



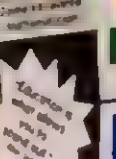
Colombia



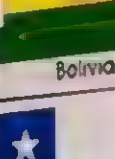
Ecuador



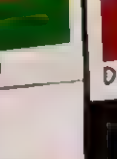
Peru



Bolivia



Chile



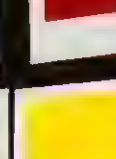
Dominican Republic



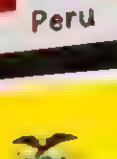
Colombia



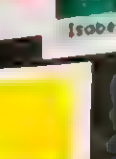
Ecuador



Peru



Bolivia



Chile



Dominican Republic



Colombia

Citrus Sale 2019

DOCX - 580 KB

Frontier FFA Annual Fruit Sale 2013

2019

Last Day of Sale: Friday, November 21, 2019

Pocahontas

Full week of December 2, 2019

FFA Fruit

Sale	Variety	Full Box Price	Half Box Price
Florida Navel Oranges		\$31	\$16
California Navel Oranges		35	18
California Mandarin Oranges (10# bag)			20
Grapefruit		30	16
Hamlin Oranges (Juice Oranges)		26	14
Red Delicious Apples (WV grown)		23	12
Gold Apples (WV grown)		23	12
Fuji Apples (WV grown)		23	12
Granny Smith Apples (WV Grown)		23	12
Trios (navel-grft-red del)		25	
Mixed (navel-grft)			15
Fruit Basket			20
Pears (Anjou, 45 ct., tissue wrapped)			27
Summer Sausage Regular			5
Summer Sausage Jalapeno and Cheese			5

Checks made out to Pocahontas County FFA

Citrus sold in 4/5 bushel boxes that weigh about 42 lbs.

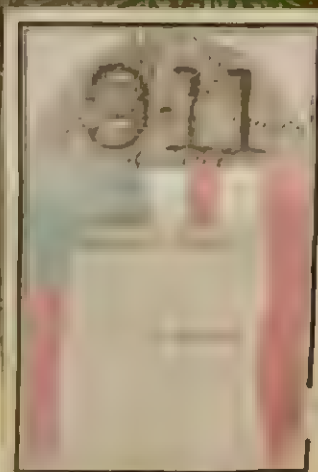
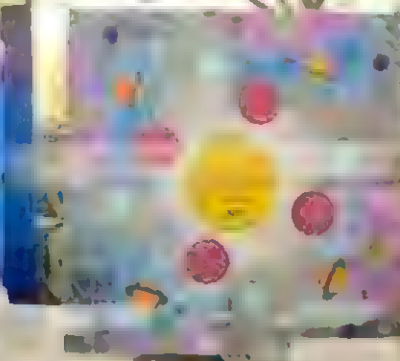
Mandarin Oranges sold in 10# bags

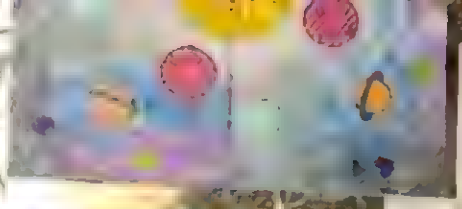
Apples sold in bushel boxes that weigh 50 lbs.

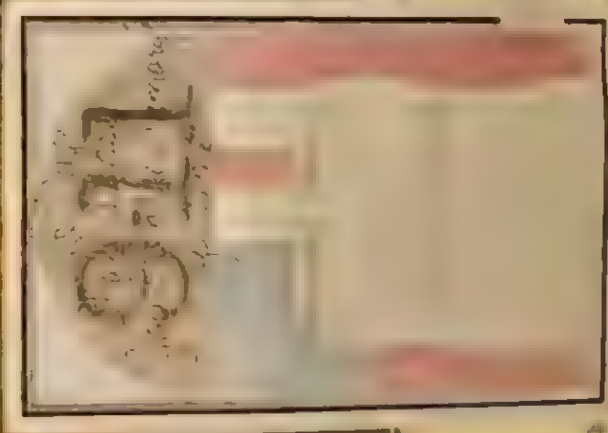
Citrus is US #1 grade Apples are Extra Fancy

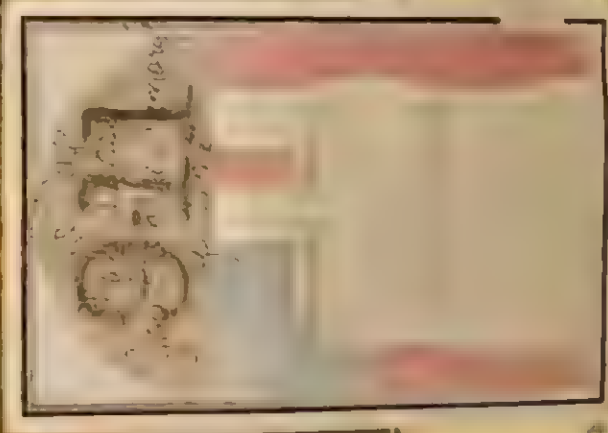
Questions? Call us at 304-799-6564

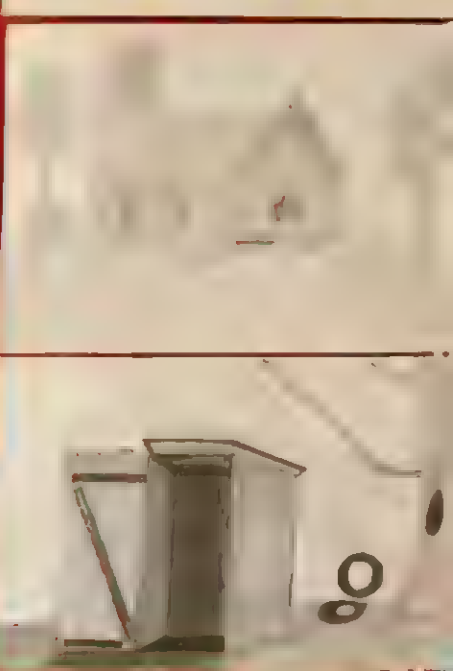
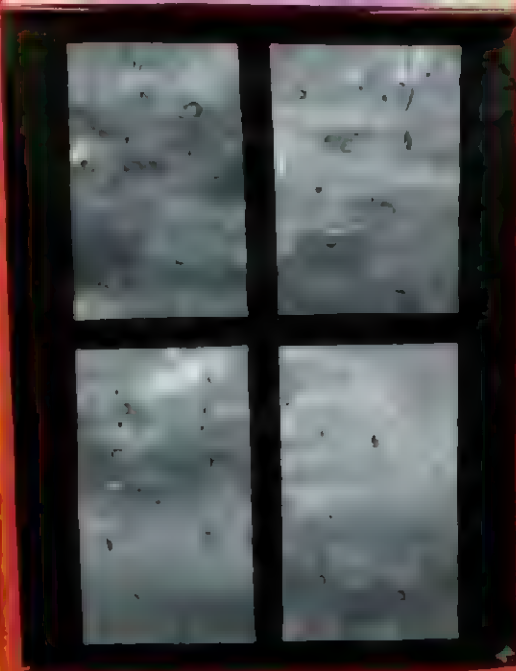
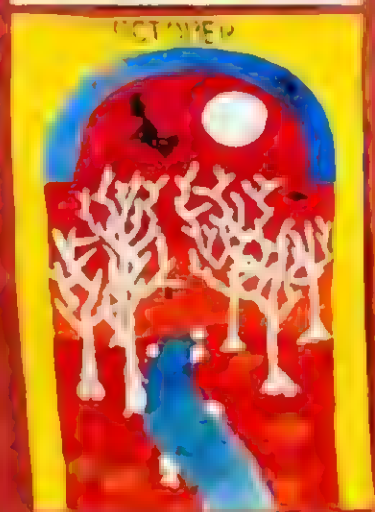
FFA members get credits toward FFA educational trips for every box sold.

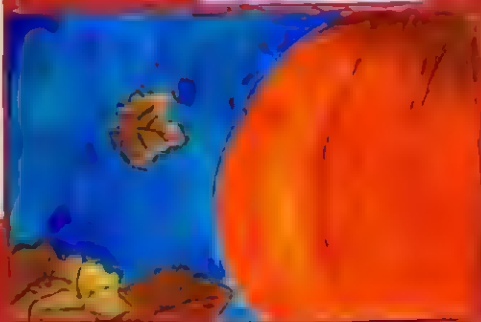
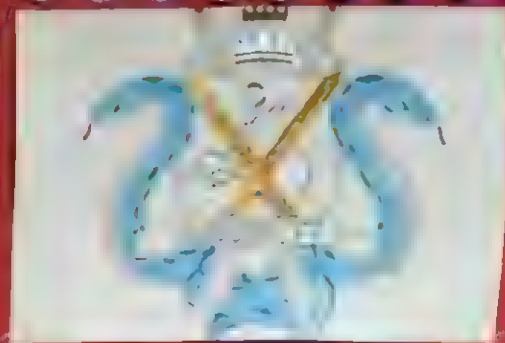
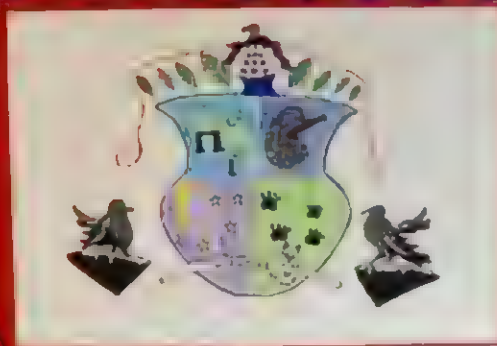












Door Judging Dates and Themes

October 25th – Halloween/Fall

December 13th – Christmas/Winter

February 21st – Valentine's Day

April 24th – Spring/Summer

Dress up days for the year

October 25th – Pink Out

November 22nd – Red, White, and Blue

December 10th – Socks/Bling

December 11th – Red/Santa

December 12th – Green/Grinch

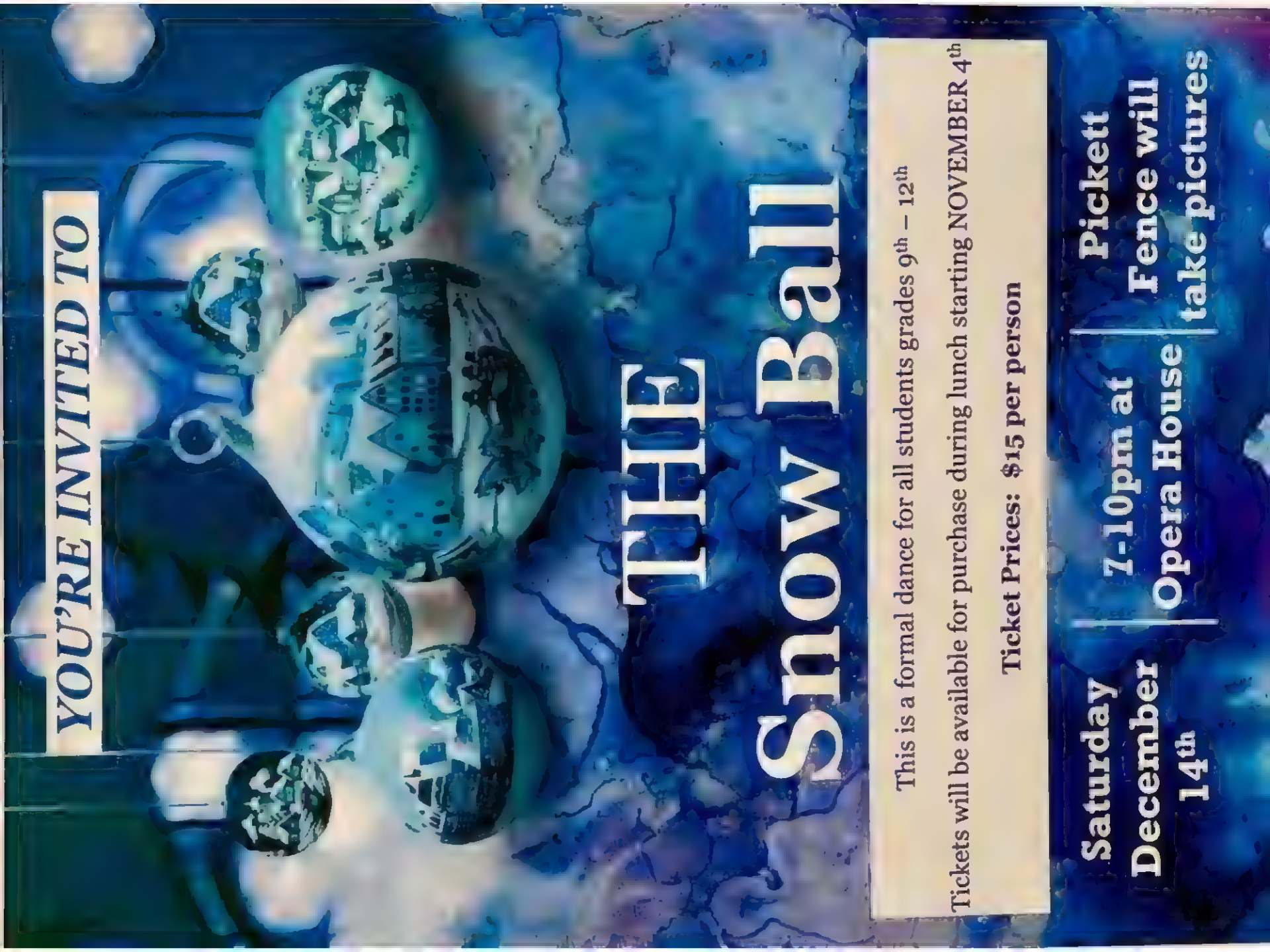
December 13th – Holiday Sweater

January 31st – College/ Pro

February 21st – Maroon and Gold

March 27th – Hawaiian

April 24th – Class Color



YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$15 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**





DO-NUT
STOP



YOUR RUNNING
BETTER THAN
OUR
GOVERNMENT



GO You Don't
Got This Give
Vote Runners GO!

YOUR FEET HURT
CAUSE YOU'RE
KICKIN' BUTT!!



















YOUR FEET HUR
CAUSE YOU'RE
KICKIN' BUTT!

GO 2nd
RUNNING G

DO-NUT
STOP

Run
Forest
Run!

RUNNING
YOUR BETTER THAN
OUR GOVERNMENT















FUTURE FARMERS OF AMERICA



POCAHONTAS COUNTY CHAPTER



FFA
POCAHONTAS

FUTURE FARMERS OF AMERICA
POCAHONTAS COUNTY CHAPTER











POCAHONTAS COUNTY SCHOOLS

October Breakfast and Lunch Menu 2019

National School Lunch Week – October 14-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> •Egg Omelet •Cereal •Fruit <p>Beef Taco*** Tomato Lettuce Sour Cream Refined Beans*** Corn*** Fruit***</p>	<ul style="list-style-type: none"> •French Toast •Cereal •Fruit <p>Fish*** Diced Potatoes*** Broccoli*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> •Biscuit & Gravy •Cereal •Oranges <p>Pizza*** Tossed Salad*** Corn*** Fresh Carrots*** Fruit***</p>	<ul style="list-style-type: none"> •Breakfast Pizza •Cereal •Applesauce <p>Popcorn Chicken*** Peas*** Macaroni & Cheese*** Fresh Spinach Salad*** Fruit***</p>
<ul style="list-style-type: none"> •Pancake Sausage on a Stick •Cereal •Apple <p>Turkey Cheese Sub*** Lettuce Tomato Onion Pork N. Beans*** Sweet Potato Fries*** Fruit***</p>	<ul style="list-style-type: none"> •Homemade Cinnamon Roll •Cereal •Blueberries <p>Sausage patty*** Eggs*** Hash Brown*** Biscuit*** Apple Crisp</p>	<ul style="list-style-type: none"> •Apple Stick •Cereal •Crabins <p>Meatloaf*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> •Pretzel •Cheese Sauce •Cereal •Fruit <p>Chicken*** Caesar Romaine Salad*** Quick Bake Potato*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> •Chocolate Chip Bar •Cereal •Orange <p>Bacon Cheeseburger*** Lettuce Tomato Onion Ketchup Mayo Mustard Bun*** Broccoli*** French Fries*** Fruit***</p>
<ul style="list-style-type: none"> •French Toast •Cereal •Fruit <p>Chicken Sandwich*** Bun*** Tomato Lettuce Onion Ketchup Mayo Mustard Great Northern Beans*** Broccoli*** Fruit***</p>	<ul style="list-style-type: none"> •Pop tart •Cereal •Fruit <p>Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<p>Professional Learning Day No school for students</p>	<ul style="list-style-type: none"> •Egg Omelet •Cereal •Fruit <p>Chicken Tender*** French Fries*** Baked Beans*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> •Bagel w/ Cream Cheese •Cereal •Strawberry Cup <p>Spaghetti w/ Meat Sauce*** Romaine Tossed Salad*** Corn*** Roll*** Fruit***</p>
<ul style="list-style-type: none"> •Egg/Sausage Biscuit •Cereal •Orange <p>Chicken Wrap*** Black Beans*** Salsa Sour Cream Corn*** Peaches***</p>	<ul style="list-style-type: none"> •Homemade Blueberry Square •Cereal •Fruit <p>Chili*** Grilled Cheese Sandwich*** California Blend*** Fresh Carrots*** Fruit***</p>	<ul style="list-style-type: none"> •Parfait Smoothie •Cereal •Fruit <p>Lasagna*** Romaine Salad*** Corn*** Garlic Bread*** Fruit***</p>	<ul style="list-style-type: none"> •Breakfast Burrito •Cereal •Fruit <p>Chicken*** Diced Potatoes*** Fresh Carrots*** Birthday Cake Fruit***</p>	<ul style="list-style-type: none"> •Apple Muffin •Cereal •Fruit <p>Hot Dog*** Hot Dog Chili*** Bun*** Broccoli*** French Fries*** Fruit***</p>
<ul style="list-style-type: none"> •Pumpkin Bread •Cereal •Fruit <p>Meatball Sub*** Glazed Carrots*** Macaroni Salad*** Fruit***</p>	<ul style="list-style-type: none"> •Homemade Cinnamon Roll •Cereal •Fruit <p>Sloppy Joe*** Baked Beans*** Homemade Coleslaw*** Tater Tots*** Fresh Broccoli*** Fruit***</p>	<ul style="list-style-type: none"> •Zucchini Bread •Cereal •Fruit <p>Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<ul style="list-style-type: none"> •Apple Stick •Cereal •Crabins <p>Chicken Nuggets*** Fresh Carrots*** Oven Fries*** Broccoli*** Fresh Mixed Fruit***</p>	

Students must take a *Fruit or Juice and two other items* for breakfast* Milk and Yogurt offered daily
Students must take a Fruit or Vegetable*** and two other items*** for lunch* Milk and fresh fruit offered daily

























WATERLOO
HOME 0:00 8:34 0:00
VISITOR 0:00 0:00 0:00
10:00 10:00 10:00













